Calgary metro

Add a little bit of *self-love* this Valentine's Day

metroLIFE

Your essential daily news | TUESDAY, FEBRUARY 14, 2017

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U.S. President Donald Trump shakes hands with Prime Minister Justin Trudeau during a meeting in the Oval Office at the White House on Monday

GETTY IMAGES

ENTERING TRUMP'S BUNKER

Plus Five telling moments metroNEWS
Inside the secret handshake metroVIEWS

Councillor off the hook

POLICE

Commission goes informal route with complaints

Lucie Edwardson
Metro | Calgary

The Calgary Police Commission (CPC) has come to an informal resolution after complaints over a city councillor's public response to workplace harassment issues within the Calgary Police Service.

The CPC said in October and November 2016 they received numerous communications from individuals raising concerns about the conduct of Ward 13 councillor Diane Colley-Urquhart, who is also a CPC member.

Colley-Urquhart made numerous comments in the media about the CPS workplace issues stemming from a 2013 report that outlined bullying and harassment on the force — that prompted statements from the mayor, police Chief Roger Chaffin and the CPC.

Following the review of two formal complaints, the CPC believes four areas of the code may have been violated: Speaking on behalf of the CPC without express authority or delegation, using one's position as a commissioner to advance personal interests, executing duties loyally, faithfully and impartially, and executing duties in accordance with applicable legislation.

Metro contacted Colley-Urquhart who declined to comment.

Brian Thiessen, chair of the CPC, said they have two options upon the receipt of a formal complaint: a full formal investigation or an informal resolution—the commission unanimously decided to go the informal route.

"We talked about that and the duties to the commission and how we're more effective when we work together, and I feel she understood that" he said, adding that Colley-Urquhart is in a unique position as a city councillor and commissioner.

In the statement from CPC, they said Colley-Urquhart maintains that a breach of the code didn't occur, but Thiessen said he's confident things will run more smoothly in the future.

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Your essential daily news

Valentine's Day banned in Pakistani capital of Islamabad. **World**

Garland defence attempts to poke holes in Crown's case

COURTS

Jurors to begin deliberations this week in emotional trial

Lucie Edwardson
Metro | Calgary

There were no signs of Douglas Garland having ever been in the home of Alvin and Kathy Liknes — and he wasn't responsible for their deaths or the death of five-year-old Nathan O'Brien, the defence said in their closing argument Monday.

Douglas Garland, 57, is accused of first-degree murder in the 2014 deaths of Alvin and Kathy Liknes and their five-year-old grandson, Nathan O'Brien, who had stayed for an impromptu sleepover the night of June 29, 2014.

Garland's defence attempted to refute the evidence presented to jurors over the last month in their closing argument Monday.

"There was not one drop of blood, no saliva, not one strand of hair, no skin ... nothing," defence lawyer Kim Ross said of any link Garland had to the bloody scene at the Liknes home.

Ross said not only was there no Garland DNA at the Liknes home, but there was no evidence as to who drove the green pickup truck seen leaving the Liknes' neighbourhood.

Further, Ross said unlike the Crown, it is the defence's belief that the victims died in the Liknes home.

"There is no other conclusion to draw but that this was a violent and fatal confrontation," he said.

As for the DNA found from all three victims at the Garland farm, the defence barely touched on it, saying what happened on the farm doesn't prove Garland caused the deaths.

Earlier in the day Crown attorney Shane Parker told jurors they believe the jury should — and will — find Garland guilty of all three counts, based on the evidence before them and their "common sense."

The undercurrent in this case is one of domination," began Parker, adding Garland "neither forgave nor forgot — he stewed," referring to an alleged grudge stemming from work Garland had done on a gas pump for Alvin Liknes back in 2006-2007.

Parker pointed to a slew of information gathered by investigators from a hard drive found hidden in the rafters of the Garland farm.

It contained searches into the Likneses, as well as more disturbing files about torture, killing without emotion, conducting autopsies and lock picking.

Douglas Garland, 57, is accused of killing Alvin and Kathy Liknes and their five-year-old grandson, Nathan O'Brien, in the summer of 2014 because of a "petty grudge" held over work Garland did on a pump for Alvin in 2006-2007. METRO

"There is no rational explanation why a man would research death, murder, lock picking and the Likneses unless he was planning their capture and murder," said Parker, adding Nathan was "necessarily included" after witnessing the attack by Garland on his grandparents.

"You cannot leave a witness," said Parker. "Once Nathan witnessed the attack on Kathy in the front room he had to be killed."

Parker also pointed to the multiple blood spatters that indicated impacts on both Alvin and Kathy throughout the home.

"Common sense tells you there is no need to hit an already dead man," he said, in an effort to explain that the victims were alive when taken from the home.

As for the aerial photos that appear to show the bodies of the three victims, the Crown said the defence can offer no rational explanation.

Parker said the most telling piece of evidence in the case: a pair of rubber boots with DNA from all three victims and Garland on them.

"This is conclusive as to who is responsible for all three deaths," he said.

Jurors will be given instructions and begin deliberations Wednesday.

Snow crews chose Super Bowl

WEATHER

Transportation boss blasts clearers for sitting on bench

Helen Pike
Metro | Calgary

Calgary's latest snow-clearing exercise wasn't exactly the touchdown city administration was looking for.

But when it comes to the debate between private industry and unionized staff, the city's transportation boss told reporters both parties need to step up when they're being asked to play from the bench.

On Monday, transportation boss Mac Logan alluded to Super Bowl Sunday as a factor in why his department didn't see enough pickup when they called in for reinforcements.

Logan clarified for snow events, the city calls extra staff and contractors in to help, but it's a voluntary response — and last weekend not many volunteered.

Several centimetres of snow fell over Calgary overnight. ELIZABETH CAMERON/FOR METRO

"We didn't have as many people responding to our requests to come in and do extra shifts as we normally would," said Logan. He noted council often believes the transportation department has a "limitless" ability to bring extra staff on, and that's not the case.

"They don't respond, or they say they're not available," said Logan.

The city tried to engage extra snow clearing forces starting on Friday. He said if more had responded the city would have been able to put more equipment on the road — but more response wouldn't have helped the Monday morning commute much.

When reporters asked the mayor if the New England Patriots were to blame for a dismal Monday morning commute Naheed Nenshi was quick to say "no."

"It was clearly the Atlanta Falcons," Nenshi joked. "If anything, that was super minor, and I don't know why he said that."

The mayor said it's tough to call people in for overtime because you can't force them to work.

"It's not just because of the Super Bowl, it's cause it's snowing," said Nenshi. "All those contractors also have other jobs they have to do, clearing people's parking lots, supermarkets and so on — I thought that connection was tenuous, to say the least."

Logan said industry and council often ask transportation to engage contractors to help out and supplement the unionized workers. "They (the private sector) don't always show up either, that's part of the message here," said Logan. "The union staff who don't want us to put work out there to the private sector also have to be responsive when Calgarians need that extra effort — it's a two-way street."

Calgary DIGEST

City council

ACCESS POINTS

River strategy a 'go'

Despite a heated debate, and questions about the overall budget to improve river access points, councillors ultimately voted in favour of launching the new strategy.

If fully implemented, the cost would ring in at $7.7 million to build ramps, staff operations and get the OK to legally access waterways. The annual budget for the program would be $500,000 — that sum includes educational programs.

SECONDARY SUITES

Permit applications free

The secondary suite application process just got permanently cheaper for those who qualify.

Since 2015, the city's program to cut some red tape in the suite application process has been paying off. A sunset clause was set to end the program in March, but council's vote eliminates the clause allowing those who apply to build where suites are listed as a "permitted use."

HELEN PIKE/METRO

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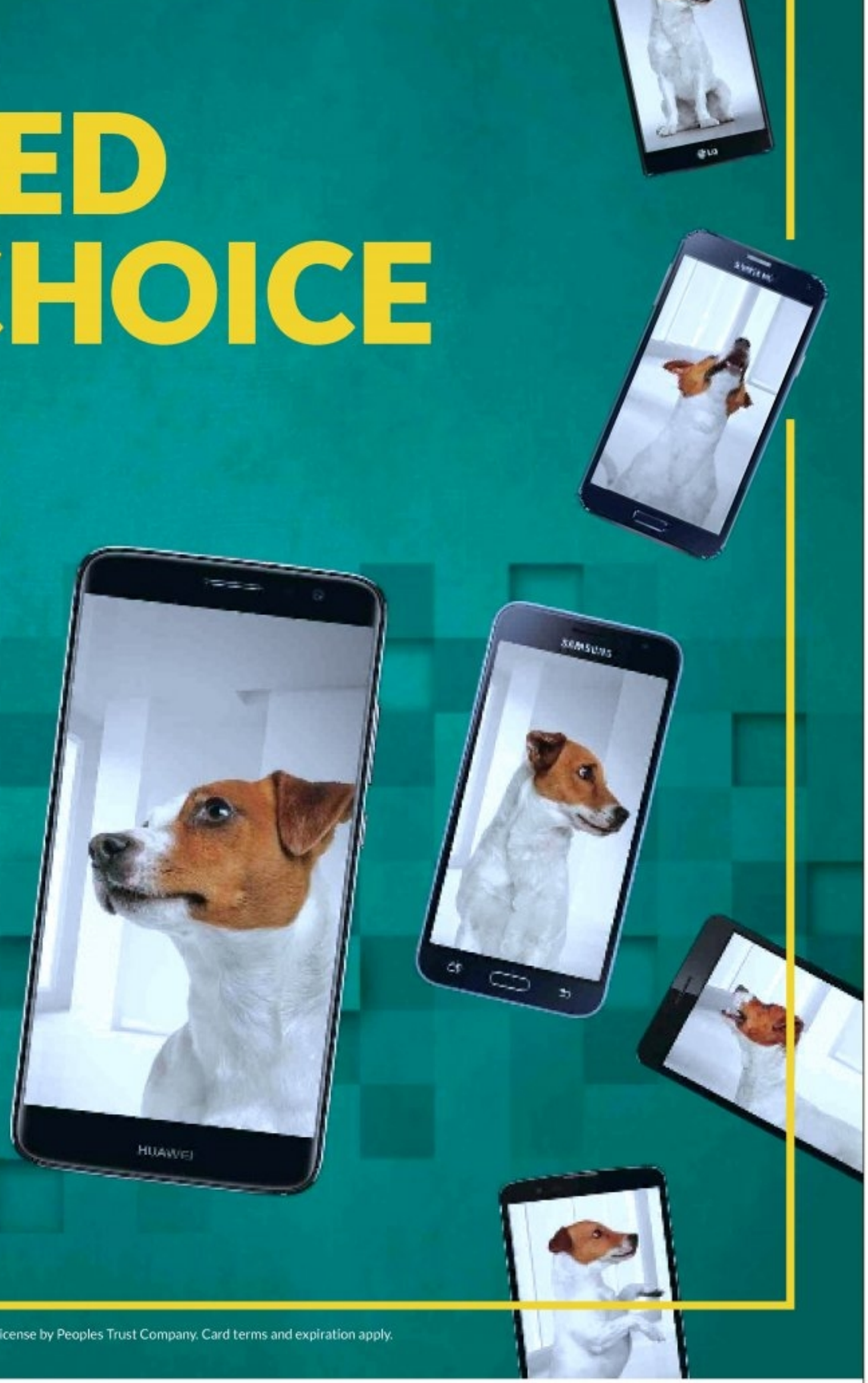

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GREEN LINE

Don't build transit inch by inch: Mayor

Helen Pike
Metro | Calgary

On the Green Line, Mayor Naheed Nenshi says "the budget is the budget, and we have to be able to build what we can within that," adding it can't actually be built in "a bunch of phases" because of the length that it stretches.

"All the way from Shepherd to Beddington, that's still almost as much LRT as we have in Calgary, something like 27.5 kilometres," said Nenshi.

The mayor said Calgary's Green Line needs to stretch far because of the high population in the SE with limited transit service and because they need to build another garage for the trains to "sleep in" at night.

"It is one project, it's not two separate projects," said Nenshi. "The hard part is getting through the core, and if you're going to get through the core you may as well serve people on either side of the river."

Staging the project won't have an effect on the province's decision to fund the Green Line, the mayor told reporters on Monday.

Last time Metro spoke to Transportation Minister Brian Mason about the Green Line, he said the province is waiting to see more concrete cost-estimates from the city, and awaiting a formal submission.

> **If you're going to get through the core, you may as well serve people on either side of the river.**
> Mayor Naheed Nenshi

2017 United Way campaign co-chairs Manjit Minhas of Minhas Brewery, left, and Rich Kruger, CEO of Imperial, flank United Way Calgary and Area president and CEO Karen Young, at the annual Spirits of Gold breakfast. CONTRIBUTED

Charity goal surpassed

COMMUNITY

United Way unveils $55.7M fundraising achievement

Darren Krause
Metro | Calgary

Despite the weight of an economic bust on your shoulders, Calgary, you really came through.

At the annual Spirits of Gold awards breakfast for the United Way Calgary and Area, the group unveiled the results of its 2016 fundraising campaign.

It came in at a whopping $55.7 million, plus an additional $2 million donation from Michael and Heather Culbert for the United Way's Tomorrow Fund. That's $500,000 more than 2015's $55.2-million tally.

"I am humbled by the generosity of our city and appreciative of every single person's support," said United Way CEO and president Karen Young.

"The steadfast commitment through good times and bad demonstrates the true spirit of Calgarians."

The huge sum was the result of 984 workplace campaigns, 12,000 volunteers and 34,623 individual donors. Many of those individuals and companies received awards for their community work at the event.

"Today we're here to celebrate what a great year we've had and all of the accomplishments," campaign co-chair and Pembina Pipeline Corporation president and CEO Mick Dilger told the breakfast audience Monday at the Telus Convention Centre.

This year, the uphill task of fundraising for a growing need belongs to campaign co-chairs Manjit Minhas, co-founder and CEO of Minhas Brewery, and Imperial CEO Rich Kruger.

"Over the course of the year we look forward to spreading the word, helping build and strengthen the foundation of the United Way not only for now and the future — and first and foremost achieving the goals established for 2017," Kruger said.

COMPETITION

WestJet expands in Quebec

WestJet is taking on Air Canada on its home turf, pursuing one of the largest expansions in its history in Quebec.

The Calgary-based company has announced 105 more flights per week in the province on top of the 140 it has now.

The airline, which has operated in Quebec since 2003, is adding daily flights between Montreal and Quebec City, Halifax and Boston.

Bob Cummings, executive vice-president of commercial for WestJet, says there is room in Quebec for two large airlines, which compete fiercely in each other's territory.

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DN3136RS	2016	4x4 Sprinter 2500 Cargo 144 Low Roof	Arctic White	8,500km	$7,350
DN3267R	2016	4x4 Sprinter 2500 Cargo 144 Low Roof	Jet Black	1,700km	$8,500
DN3338R	2016	Sprinter 2500 Passenger 144 High Roof	Arctic White	1,400km	$4,500
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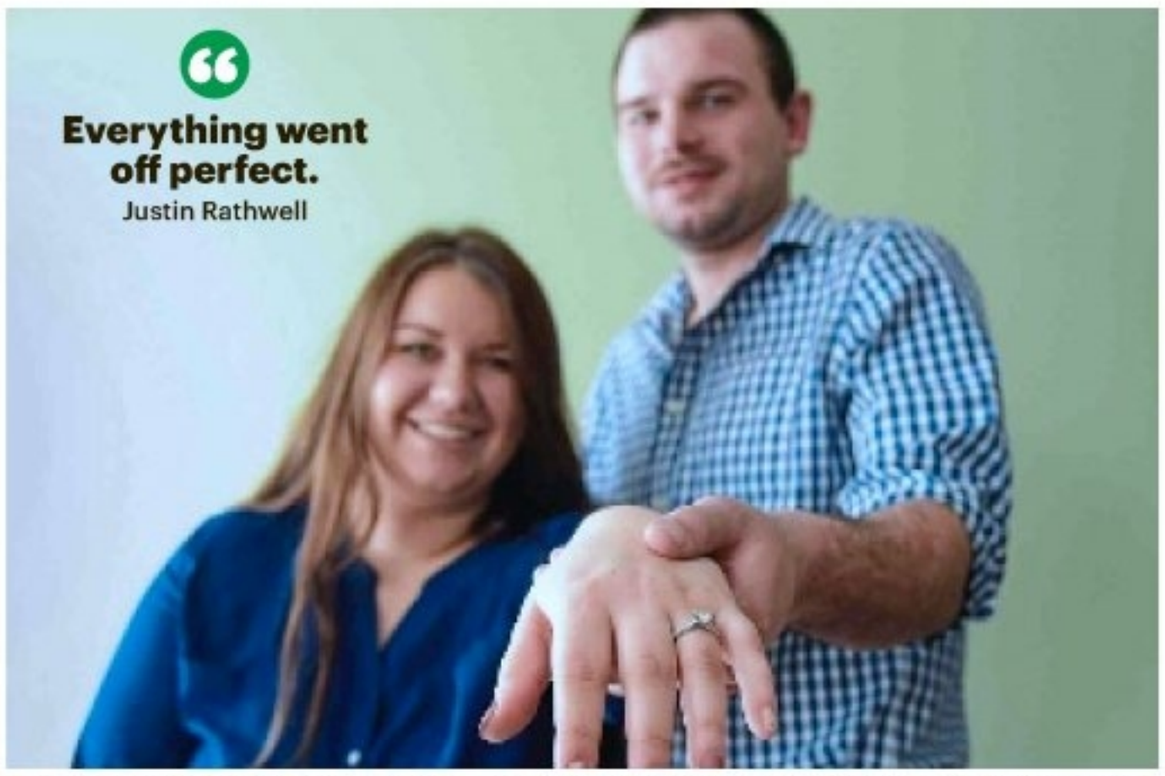

Calgary couple Sylvia Giugovaz and Justin Rathwell said they would "absolutely" recommend the services of Absolutely Proposals and Romantic Events to others. ELIZABETH CAMERON / FOR METRO

Helping Albertans pop the question

ENTERPRISE

Proposal planners aim to make every story perfect

Lucie Edwardson
Metro | Calgary

Newly engaged Calgary couple Sylvia Giugovaz and Justin Rathwell had one word to say when asked if they'd recommend their proposal planners: "Absolutely."

Caleigh Seitz and her partner Ali Coutts started Absolutely Proposals & Romantic Events recently, and Giugovaz and Rathwell were their third customers.

The couple says their proposal went off without a hitch, thanks to the help of Absolutely.

Rathwell said he got in touch with the company with an idea of what he wanted in mind, and they helped him make sure his plan worked and added some personalized touches.

"Everything went off perfect," he said.

Rathwell said he'd already planned to head up to Banff with Giugovaz for a weekend getaway, but Absolutely brought his plan to the next level by finding him a beautiful look-out spot called Surprise Corner to pop the question and taking care of all the bookings.

"Those small little touches that Justin couldn't have pulled off without me knowing something was up — I had no idea. Without Absolutely that wouldn't have been 100 per cent a surprise," said Giugovaz.

Seitz said she and Coutts are both romantics who want to make everyone's proposal story perfect for them, personalizing the proposal by getting to know the couple.

"We get to be a part of their love story, we're a page in their book and that's amazing," said Seitz.

Seitz said Absolutely offers all levels of planning, beginning with coming up with a proposal concept — which comes with a price tag for $150 — all the way up to Absolutely taking care of the full execution of the plan. And the best part? They'll work within their customer's budget.

"This is one of the most important questions they'll ever ask or be asked and we want to make it special," she said.

To learn more about Absolutely Proposal and Romantic Events, and their local partnerships, visit their Facebook page.

VIDEO GAMES

Designer launches game on PS4

Aaron Chatha
Metro | Calgary

Calgary game developer Radu Muresan has officially gone pro-league: his game Semispheres hits the Playstation 4 Network today.

Semispheres is a single player stealth-puzzle game that challenges players to simultaneously control two characters in connected parallel realities.

Muresan already made his North American debut at the Game Developers Conference last year, as part of the Indie Megabooth.

He first put together the concept of Semispheres as part of a game jam in 2014.

Getting on the Playstation Network is an involved process — he only just got certification last month, and even getting on the Playstation 4 is no guarantee of success.

"There's always uncertainties about the release, because the market is really saturated. It's very possible to make something that's good and still not get enough visibility," he said. "I think I'm still in denial that it's just done, so I'll believe it when it's finally out there."

Muresan has actually been making games since 2010. He started developing on mobile before switching to PC. In an industry known for long hours and high burnout rates, he chose the independent developer route for the freedom to make games on his own terms.

He hopes more local games start to generate buzz and create a strong scene for the Calgary game development industry.

Semispheres is now available on the PS4 store.

LEGISLATION

MLA hedges on vow to kill daylight time

An Alberta NDP backbencher spearheading legislation to ditch daylight saving time now says it's not a done deal.

The issue seemed to put Edmonton-South West NDP member Thomas Dang at odds with his own caucus Monday, which put out a news release announcing Dang's upcoming private member's bill will propose ending daylight time and quoted an egg farmer congratulating Dang for doing so.

But Dang said he still wants to hear what Alberta residents think, pointing them to the NDP caucus website and an upcoming town hall meeting.

Dang initially said the new round of consultations would help settle secondary issues, such as whether Alberta adopts mountain or central standard time, but then declined to confirm the bill would end daylight time at all.

"It's part of ongoing consultations," he said.

"We're reaching out to as many Albertans as possible. So, as we hear from people, I think it will become clear to us what we want to do moving forward."

Dang also questioned a news release put out by his own caucus.

The news release said Dang's bill, the Amendment to Daylight Saving Time Act "intends to repeal daylight saving time and introduce a year-round standard time in Alberta."

Dang disagreed.

"I don't think that there was anywhere in the advisory that said to kill the DST," he said.

The caucus also put out a news release Monday quoting egg farmer Susan Schafers saying, "I support MLA Dang's private member bill to abolish daylight saving time, as the time change is not only an inconvenience for farmers, but plays havoc with the natural rhythm of poultry."

Opposition critics said the NDP is sowing confusion.

"We see Thomas Dang three weeks away from the start of the (spring) legislative session still sending mixed messages about a piece of legislation he has announced," said Wildrose house leader Nathan Cooper.

THE CANADIAN PRESS

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Truly surprise engagements

Dubbed by clients as the female Hitch, Calgarian Sibyl Bigler has spent the past year organizing spectacular wedding proposals through her company One & Only Proposals.

As the season of love is upon us, Bigler shares her three favourite proposals of the year, all experienced first-hand as Bigler took photos, hidden from sight in the bushes.

AARON CHATHA METRO

1 BRIAN & JESSICA

Brian wanted to spoil Jessica before he popped the question, so he set up a scavenger hunt with a note and flowers in the bathroom — coyly letting her know to be ready for a limo pickup.

First she was taken to get her hair and nails done (a must if you're going to put a ring on it), and then it was off to a boutique to choose from three pre-selected, glamorous outfits.

Finally, she was taken to the couple's favourite park, where Jessica followed arrows on the path until she encountered her dog Cookie, who had a big sign around her neck reading, "Will you marry Dad?"

Brian then came out and got down on one knee.

"They were crying, I was crying (from the bush)," recalled Bigler.

Brian then led her to a picnic set up off the trail, with her favourite pizza and wine.

"They hung out there for hours, just enjoying each other and the day."

2 ASHLEY & JEREMY

Simple and intimate, Bigler admits this one was special because it was her brother-in-law proposing to his longtime girlfriend.

An active couple, Jeremy took Ashley out for a run. He took her off path, got down on one knee and proposed. Then he led her to a popup picnic, with wine and champagne, where they got to enjoy each other's company.

Simple, elegant and personal, it's one of Bigler's favourites.

3 TANYA & KEVEN

The opposite of simple, this proposal took place on the side of a mountain.

The couple arrived in Banff's Sunshine Village for a weekend, taking their ski and snowboard gear up the mountain. Soon, as they were off the gondala, Keven took off, yelling, "I'll see you on Sunshine Coast!"

By the time Tanya caught up with him, he was out of his skis and crouched in the snow.

"She thought he had yard saled (wiped out and lost his skis), so she came over, like, 'Babe, are you OK?'" Bigler recalled. "Then she noticed he was down on one knee with a ring. She instantly started crying."

Above Keven's head were three very official signs: Sunshine coast (to the right), Eagle Creek (to the left) and Tanya, Will You Marry Me? (with an arrow pointing to Keven). The couple still have the sign in their house.

Patric Magnan helps clear the **Huntington Hills Skatepark** after a Calgary snowfall. METRO

Volunteers shovel out skateparks

WEATHER

'If skaters are happy, that's all I can really ask for'

Helen Pike
Metro | Calgary

There's a steady group of skaters who, every winter, break out their shovels to clear the way for other wheeled sports.

Unlike the city's "snow angels" they're not clearing sidewalks. No, this task takes much more upper body strength.

This dedicated group clears the city's skate park bowls, so other users can enjoy them year-round.

Driving by one of the city's many new skateparks, with a foot of snow around it, motorists can just see the heads of those dedicated athletes, and kids, in their concrete oasis surrounded by a classic Calgary winter. Astoundingly there's at least a dozen riding in the wintery wonderland.

Dallas Dradler figures he's spent almost 50 hours clearing the Huntington Hills Skatepark after the latest snowfall. And on Friday as the chinook rolled in, he and three others were at it again clearing the way before the stuff got too heavy.

"It gives people something to do," Dradler said. "This would be madness to someone in the States. It's insane, but we don't have any free indoor spots."

He said for him it's a great way to keep seeing his skater buds all winter long.

"If skaters are happy, that's all I can really ask for," Dradler said.

Patric Magnan has spent more than a decade doing this. He's a quiet worker and started the practice for his own kids at Shaw Millennium Skatepark one winter. But when other skaters ask him to clear up, he convinces them to grab a shovel.

"It all started with my sons wanting to skate, there's nothing really to skate in the wintertime, so we went to Mills and got shovelling," Magnan said. "The Chinooks come, and it's nice … I didn't do it for any credit, just did it to skate."

Zev Klymochko, founder of the Calgary Association of Skateboarding Enthusiasts (CASE), said clearing bowls is a longtime tradition, but it can tough to organize a big clearing crew. At Huntington Heights they have the luxury of this dedicated group.

"Skateboarders appreciate these parks very much," he said. "We take care of them by cleaning up trash and clearing snow. We want to be able to use them as much as possible so it's in our best interest to keep them snow-free."

Anyone interested in joining in on a park cleanup can contact CASE through calgaryskateboarding.com

POLITICS

Kenney can stay in Tory race

The Progressive Conservative Association of Alberta has dismissed a call to have leadership candidate Jason Kenney turfed from the race.

Party member Jeffrey Rath accused Kenney in a formal complaint of actively undermining the party to make it an easy takeover target.

The party's leadership election committee has ruled Kenney's platform does not harm the PC brand and that the future of the party is up to its members.

"The party takes all complaints seriously and after reviewing the complaint submitted by Mr. Rath, we believed that there was no violation of the Code of Conduct and Ethics," said PC Alberta president Katherine O'Neill in a release.

"I want to take this opportunity to reiterate the party's sole agenda during this leadership election is to ensure a fair, open, honest and transparent election."

Kenney said he was glad the committee dismissed the complaint.

"Thank you to the thousands of Albertans who expressed support for democracy in the face of this effort to quash the leadership election," Kenney said in a post on social media.

THE CANADIAN PRESS

Welcome Place in need

ASYLUM

Non-profit helps refugees get situated

Jessica Botelho-Urbanski
For Metro | Winnipeg

As staff at Welcome Place in Winnipeg held a press conference Monday to discuss their "maxed out" services, one of their volunteer drivers was headed to the Port of Emerson to pick up five more asylum seekers who crossed the border overnight.

RCMP said Monday they intercepted 28 people illegally coming into Canada over the weekend. Since Jan. 1, police have intercepted 69 men, women and children.

Rita Chahal, executive director of Welcome Place, said she recently held a six-month-old baby and looked into the eyes of two- and four-year-olds kids who trekked across the border with their parents Saturday in hopes of getting to Winnipeg.

"When I saw the little kids, I always think about 'What if something had happened?' We don't want to see a situation like we've seen a couple years ago that brought all of us to our knees," she said, referring to the image of Alan Kurdi, a Syrian toddler whose body washed up on the shores of a beach in Turkey in 2015.

Rita Chahal, executive director of Welcome Place, has asked the public and private sectors for fundraising help to assist the influx of refugees. JESSICA BOTELHO-URBANSKI/FOR METRO

Welcome Place temporarily housed 21 asylum seekers they picked up from the border in their own facility on Bannatyne Avenue. Chahal said this is technically not allowed by the federal government, who only pay them to help government and privately-sponsored refugees. The refugee claimants will be moved to other locations in the community soon, including the Salvation Army.

But making the exception temporarily "wasn't a difficult choice for me," said Chahal.

"We have managed what might appear to be a crisis very quickly, very efficiently," she said. "We look at this from a very compassionate, from a humanitarian perspective. And when people come to our door and need our help, that's what we'll do. We'll help them."

Welcome Place is asking for financial donations from the public — not goods or food, which they don't have room to store.

The agency wants help from the city and province in finding temporary housing spaces for refugee claimants. Chahal said she spoke to Mayor Brian Bowman Monday about this, but had not yet heard from the province.

Jean Pierre Veregas, who works at Welcome Place, said the new arrivals have three days to make their refugee claims in Canada. They must gather documents and information that corroborates the last 10 years of their lives chronologically.

Law students from the University of Winnipeg have volunteered to help the surge of asylum seekers with their paperwork, said Welcome Place's Ermias Yoseph.

The Winnipeg Foundation stepped up with $33,000 in emergency funding for Welcome Place on Monday. Strategic projects associate Jennifer Partridge said $23,000 of the foundation's total came from an anonymous donor "who felt compelled and inspired to support the refugees."

HOW TO MAKE A DIFFERENCE

- To donate to Welcome Place and the Manitoba Interfaith Immigration Council, visit miic.ca.
- Welcome Place and the Manitoba Interfaith Immigration Council help about 520 refugees per year.
- Money raised by the public will go toward finding more temporary housing spaces, hiring more staff and more.

Premier in talks with PMO

After a second weekend surge of asylum seekers crossed into Manitoba on foot, Premier Brian Pallister told media Monday his office is in talks with the prime minister's to determine safer solutions to border jumping.

"There has been a call to the prime minister on this issue... We've established an interdepartmental committee that is also investigating and researching ways to address this," Pallister said.

The premier said his first concern is the security of Manitobans, particularly those who live in Emerson and have been conflicted over whether to open their doors to asylum seekers making the treacherous trek into Canada in the freezing cold.

Many lawyers and organizations, including Amnesty International and the Canadian Civil Liberties Association, have called for the Safe Third Country Agreement to be scrapped or revised.

The agreement has a loophole allowing asylum seekers to claim refugee status in the second safe country they've arrived in — Canada — if they aren't caught by border patrols before arriving.

NDP immigration critic Nahanni Fontaine has called on the provincial government to lobby Ottawa to suspend the Safe Third Country Agreement.

"Many refugees in the U.S. do not feel safe given some of the recent developments, in particular the executive bans that were signed and executed by President Trump," Fontaine said.

JESSICA BOTELHO-URBANSKI/FOR METRO

Immigration board turns to triage to eliminate backlog

The Immigration and Refugee Board will begin to triage and refer old and new claims for shorter hearings in March in an attempt to reduce its ballooning backlog, or at least to stop it from snowballing.

Through flexible scheduling and shorter hearing streaming, the IRB hopes to increase the productivity of its 119 decision-makers by 15 to 20 per cent, said Paula Thompson, the board's chief of staff.

The redeployment, announced earlier in February, came on the heels of President Trump's anti-refugee policies and Canada's lifting of the visa requirements for Mexican travellers in December. However, Thompson said the board's move was not prompted by these events.

"There's no direct relationship with what's going on in the States," Thompson said. "So far we have seen a very negligible increase from Mexico."

Data showed the IRB received an average of 1,700 new claims a month from January to August last year, but the number has skyrocketed to 2,400 cases since. Currently, there are 19,000 claims in the backlog.

Under the new triage approach, claims will be screened for short hearings if the cases are straightforward and have no issues with the identity and credibility of the claimants.

TORSTAR NEWS SERVICE

GLOBAL DIGEST

PAKISTAN

Valentine's Day banned in Islamabad

A Pakistani judge on Monday banned all Valentine's Day celebrations in the capital, Islamabad, saying they are against Islamic teachings. The judge ruled on a petition seeking to ban public celebrations of the Western holiday, court official Niaz Saleh said. AP

CALIFORNIA

Evacuees may not go home until spillway repaired

Nearly 200,000 people who were ordered to leave their homes out of fear that a spillway could collapse may not be able to return until the barrier at the nation's tallest dam is repaired, a sheriff said Monday. Officials mulled using helicopters to drop rocks on the eroded spillway at Lake Oroville. AP

LATE NEWS

Flynn quits as adviser

National-security adviser Michael Flynn resigned Monday night after reports he misled Trump administration officials about his contacts with Russia's ambassador to the U.S.

Flynn's departure less than one month into the Trump administration marks an extraordinarily early shakeup in the president's senior team of advisers. Vice-president Mike Pence previously vouched for Flynn.

THE ASSOCIATED PRESS

5 REVEALING MOMENTS FROM THE TRUMP-TRUDEAU MEETING

There's more to take away from Justin Trudeau and Donald Trump's first official meeting than the viral handshake.

1. A mutual peace pact

Trudeau's steadfast refusal to criticize Trump made news even in America. But just as notable was Trump's refusal to criticize Trudeau.

The president was impassive even when prodded on live TV. Asked a question about the Canadian border and Trudeau's acceptance of Syrian refugees, Trump chose to tout his efforts to deport illegal immigrants — most of whom are Hispanics who live far from the 49th parallel.

2. A fair shake

Vladimir Putin has the shirtless horseback ride. Donald Trump has the intense handshake. At 70, the ferocious alpha-grip is how a president obsessed with dominance shows off his physical prowess. Trudeau, former drama teacher, came prepared for the performance, suitably impressing people who care about handshakes.

3. Flynn left out

One key story out of the joint news conference was what wasn't asked: a question to Trump about National Security Advisor Michael Flynn over reports he discussed sanctions against Russia with Russia's ambassador before Trump took office, then lied about it.

"HOW IS THERE NO FLYNN QUESTION!?!?!?!?!" MSNBC host Christopher Hayes wrote on Twitter. The answer: the White House made sure there was no Flynn question.

The Canadian and American media contingents each got to ask two questions. The Canadians drew names from someone's palm to decide which reporters got to do the asking.

The American interlocutors were selected by Trump officials. They were both from Trump-friendly outlets. They asked softballs.

4. Almost normal

"We're guided by the same values," President Barack Obama said when welcoming Trudeau to the White House last year. "We share the same values," Trump said beside Trudeau on Monday.

"Americans and Canadians — our brave men and women in uniform — have paid the price together," said Obama. "American and Canadian troops have gone to battle together, fought wars together," said Trump.

The tone was not especially warm. There was an unprompted Trumpian ramble-boast about the size of his victory in the Electoral College. But the day was notable, in large part, for its boring conventionality.

5. Ivanka in charge

The Canadians had a stroke of strategic inspiration: get in Trump's good books by doing a kind of favour for his daughter.

The executives who were part of a White House discussion on the advancement of female business leaders came away with praise for the joint initiative. Ivanka impressed the participating businesswomen with her thoughts on the cause. And then, after they left, she advertised herself — tweeting a photo of her sitting at the president's desk, a progressive prime minister behind her.

TORSTAR NEWS SERVICE

BODY LANGUAGE

How it shook out

It's clear Canadians were watching Justin Trudeau and Donald Trump's first official meeting intently Monday morning, but who had the upper hand?

Trump, fast becoming the poster boy for awkward handshakes after an agonizing 19-second handshake with Japanese Prime Minister Shinzo Abe, is said to be self-conscious about how his hands are perceived.

Trudeau stepped out of his motorcade at the White House and immediately shook Trump's hand.

This was to his benefit, according to Mark Bowden, an expert in human behaviour and body language who created the company Truthplane, a communication training company.

Trudeau and Trump were in close quarters, meaning the president couldn't pull the prime minister in, Bowden said.

"I think Trudeau for sure held his own," Bowden said.

But Trump wasn't done. He placed his hand on top of Trudeau's shoulder, another show of dominance. Trudeau responded in turn, placing his hand on Trump's arm.

Later, while seated, they shook hands again. "What's interesting is Trump actually offers Trudeau the upper hand," Bowden said. TORSTAR NEWS SERVICE

U.S. President Donald Trump extends his hand to Prime Minister Justin Trudeau during a meeting in the Oval Office at the White House on Monday in Washington, D.C. GETTY IMAGES

Risks lurk as RRSP season approaches

MARKETS

Investors wary angry Trump tweet may hit their holdings

As investors head into RRSP season this year, stocks in Canada and the United States sit at or near record levels, but tensions are rising and that could mean volatile times for the markets.

Before the U.S. presidential election, many had predicted that a Trump win would send stock markets crashing. But the reverse happened. Markets cheered the election of the real estate mogul and charged ahead in the weeks following the vote. But the reality of the Trump administration has started to sink in and investors are becoming wary about what an angry tweet can do to their holdings.

BY THE NUMBERS CONTRIBUTIONS FALLING

2008-09

Two of the largest contribution declines were during the financial crisis and when tax-free savings accounts were introduced.

16%

Drop in the number of annual RRSP contributors between 2000 and 2013 among those aged 25 to 54.

Jurrien Timmer, director of global macro at Fidelity Investments, said Americans elected a "disrupter" and with that, the "game has changed."

"Since the 2009 bottom, post-the financial crisis, price has outperformed earnings in a very big way," he said.

"The question is, 'What are people going to be willing to pay for those earnings if we are faced with political and policy uncertainty?"'

Timmer said he expects the U.S. markets will do well because earnings are expected to grow, but the risk from uncharted political waters may mean that stock prices might not keep up with a rise in corporate profits.

Instead, Timmer is looking to European and emerging markets.

"I am increasingly of the opinion that the opportunities in 2017 are going to be outside of the U.S.," he said.

THE CANADIAN PRESS

150 WAYS of looking at Canada

POSTCARD NO. 14

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RESTAURANTS

Tim Hortons looks at expansion in U.S.

The parent company of Tim Hortons and Burger King sees fertile ground for rapid expansion for both chains in the United States.

The United States is "one of the biggest opportunities" for expanding the coffee and burger chains, said Daniel Schwartz, CEO of Restaurant Brands International Inc.

Tim Hortons had 683 U.S. locations as of Dec. 31, 2016. Burger King's U.S. operations had more than 7,000 restaurants as of Dec. 31, 2015.

Schwartz said Tim Hortons "should be many, many times our current size" in the United States but added there's no target number.

RBI is also intent on rapidly expanding Tim Hortons around the world, signing three separate master franchise joint venture agreements to bring the chain to the Philippines, Britain and Mexico.

The company expects to open the first locations in some of those markets this year, said chief financial officer Josh Kobza.

THE CANADIAN PRESS

metro VIEWS
Your essential daily news
Tuesday, February 14, 2017

PAUL WELLS ON TRUMP'S INSIDE CIRCLE

Trudeau could not have been signalling more clearly if he had brought navy crewmen with semaphore flags.

By presenting Donald Trump with a print of this 1981 photo, Justin Trudeau signalled he has the secret handshake to enter the president's 'weird bunker, writes Paul Wells. LIBRARY AND ARCHIVES CANADA

The photo wasn't a small thing. It was a token of insider status. It was Justin Trudeau's wristband.

On arriving at the White House on Monday for his first face-to-face meeting with Donald Trump, Justin Trudeau brought a gift, a framed print of a photo showing Pierre Elliott Trudeau and Donald Trump at a function in the Waldorf Astoria in 1981. The elder Trudeau was receiving the Family of Man Gold Medallion Award. Trump, then about 34 years old, was offering remarks at the podium. Both men were in tuxes.

Justin Trudeau's first telephone conversation with Trump was last Nov. 9, the day after he amazed the world by winning the electoral college and the presidency. Trump mentioned that he had met Trudeau's father back in the day and admired him. This was news to Justin Trudeau. But apparently detectives were put on the search, and photographic evidence was unearthed at Library and Archives Canada. Print, frame, Bob's your uncle.

Now here's why it matters: Donald Trump has spent his life dividing the world into people who deserve to get in and people who don't.

That's how he became the target, at 27, of a justice department lawsuit in 1973 that claimed he and his father refused to rent to black tenants. (The Trumps countersued; the eventual settlement included no admission of guilt.)

It's what Trump seeks to do along the Mexican border. It's why he keeps smacking his head against the courts and the U.S. Constitution as he seeks to close America's borders to visa-holders from seven predominately Muslim countries.

It's what he does with membership fees at Mar-a-Lago and other exclusive Trump clubs. It's what he has taken great pleasure in doing as he selects members of his cabinet.

If Trump decides you're not allowed in, you get nowhere with him. He mocks you on Twitter, makes policy just to spite you, summons the sputtering apparatus of the White House staff and the rickety machinery of government to shut you down, if any of them can manage the task.

But if he accepts you, you actually have some latitude with him. The most astonishing example so far is the way he let Gen. James Mattis do, once Mattis became his nominee as defence secretary, what nobody else had succeeded in doing: persuade Trump that torture is useless as an instrument of government policy.

Trump's attitude is summarized in the lyrics, at first comic and then haunting, of Paul Simon's recent single, "Wristband": "Wristband, my man, you've got to have a wristband/ If you don't have a wristband, my man, you don't get through the door."

Justin Trudeau decided early that he was better inside the door than out. Two pieces of political theatre yesterday were designed to get him in.

First, the photo. It shows that when Trump spins a random old yarn over the phone, Trudeau listens and acts. And it reminds Trump that two successive generations of Trudeaus have been the kind of people who could walk through the kind of door only Donald Trump can open. That's what a wristband does.

Second, the round table on women entrepreneurs with Ivanka Trump.

The president has been in open conflict with the Nordstrom department-store chain for a week because Nordstrom dropped Ivanka Trump's line of clothing and accessories. He has sent White House staffers out to plead her case, and castigate Nordstrom, on the news shows. In Canada, some are calling for a boycott of The Bay because the chain won't drop Ivanka Trump's merchandise.

And what does Trudeau do in the middle of all this? His office organizes an event with Ivanka Trump, sits with cabinet ministers and senior staff at a long table to hear her ideas, makes her the focus at midday of an international summit.

Trudeau could not have been signalling more clearly if he had brought navy crewmen with semaphore flags. Family is family. Trump's is welcomed and accepted, in the middle of a storm, just as Trudeau's father was accepted at some society shindig Trump attended a generation ago.

From this basis, miracles need not ensue and trouble is not banished. At their joint news conference, Trump seemed plainly bored by the bilateral issues the two had discussed, eager to change the subject to Mexicans or terrorism or Mike Flynn, his embattled national security adviser — who has his wristband, was welcomed inside the perimeter long ago, and whom Trump was therefore in a mood to defend.

Trudeau's gamble is that by getting in close to Trump — closer than many Canadians on the centre and left want him to get — he'll have voice and standing inside that weird bunker, for as long as Trump influences our two countries' shared life.

Paul Wells is a national affairs columnist for the Toronto Star.

All eyes were on Trudeau at a sit-down for women leaders in business hosted at the White House. AP PHOTO/EVAN VUCCI

Feminist photo-op fail

Rosemary Westwood

When the world leader with the most enviable hair met the one with the least enviable comb-over, no bromance was to be expected.

Justin Trudeau campaigned (though hasn't exactly governed) on policies so progressive he was often photoshopped alongside a unicorn. Trump campaigned on rhetoric so divisive he became synonymous with Pepe the alt-right frog.

When the pair met Monday, Trudeau, in cliché Canadian form, was perfectly polite, avoiding criticism of the chaos-inducing travel ban and focusing on "middle class families."

It would have been a perfectly respectable, if slightly icky, meeting for Trudeau.

But on women, he blew it.

Working with the U.S. on economic issues makes sense. Offering the leading misogynist of the free world a cozy photo-op to make he and his administration appear pro-women? It's ill-informed, shows poor judgement and is exceedingly creepy.

By offering an olive branch in the form of a bilateral task force on women in business, Trudeau is lending what feminist cred he has left to a man whose pussy-grabbing spawned an international hat trend and sparked the Women's March, arguably one of the largest protests in U.S. history.

And Trudeau's efforts are also wholly useless.

The idea that a Republican-controlled Congress will make meaningful efforts to improve child care or fund maternity leave is laughable, to say nothing of addressing the systemic sexism.

This is the party of the North Dakota lawmaker who suggested Sunday mornings are when wives serve husbands breakfast in bed. The same party pushing in Oklahoma to make a man's consent mandatory for all abortions.

For decades, Republicans have fought women-friendly workplace reforms, hiding sexist ideologies under a pro-business guise.

Even Trump's proposed tax-break plan for child care has been debunked as a move that would enrich comfortable families and do little to help poor ones.

"We just had a very productive meeting with women business leaders ... where we discussed how to secure everything that we know — the full power of women, can do better than anybody else," Trump said — unintelligibly — in a press conference Monday.

But the message was clear: "I care about women!" he was saying, as Trudeau smiled on like a nutritionist who jumped into bed with the soft drink lobby.

And just as doomed.

Rosemary Westwood relocated from Canada to the U.S. She chronicles her observations in a weekly column for Metro.

Philosopher cat now at www.mymetrostore.ca

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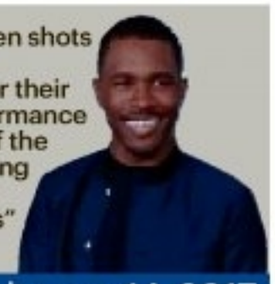


Frank Ocean has taken shots at producers of the Grammy Awards over their criticism of his performance at the 2013 edition of the show as "faulty," saying that he experienced "technical difficulties" during the song.

Venue booked, dress ordered – proposal ETA?

Katherine North and her fiancé Waheed Obaidi took a pragmatic approach to their wedding plans. Hoping to spend less than $10,000 and save money for an exotic trip or a new car instead, they had everything booked before Obaidi even proposed. CONTRIBUTED

NEW AGE NUPTIALS

Millennials part with traditions in the move towards event weddings

Megan Haynes
For Metro Canada

Katherine North, 30, can't wait for her wedding day. Her dress has been ordered. Her bridesmaids planned a bachelorette. The save-the-dates went out. She and her partner booked a venue in October, 2016. All that was missing was the proposal.

After attending a season full of weddings at hotels and golf courses, their decision to marry at an Ottawa restaurant came down to a desire to do something a bit different, she said. But more importantly, they wanted to be pragmatic: with average wedding costing couples $31,000, she and her fiancé knew they didn't want to spend a lot of money on their nuptials.

The restaurant — Salt — was within their price range for the meal, and meant they saved money on decor, the ceremony fee and even music. It had an opening for the upcoming June long weekend, but the space was booking up fast.

"We said, why not — we didn't want to miss an opportunity," she says.

The fact that he hadn't yet proposed wasn't of concern — they both knew he would. Just before her birthday in January, he dropped to one knee and asked her to marry him. Of course, she said yes.

She's part of a growing trend of millennials writing their own rule books when it comes to weddings. While 66 per cent of couples are opting for more traditional affairs, one in three prefer less formal and more unique ceremonies, one 2015 survey from bridal magazine Wedding Bells found.

Gone is the cookie-cutter recipe for a wedding: From destination weddings that eschew the tropics (a ceremony in Iceland, anyone?) to the bride dropping to one knee (it's 2017!) to cakeless meals, young adults want a ceremony that is uniquely them.

Many are looking to create exceptional experiences for their guests, says Markham, Ont.-based Tracey Manailescu, co-founder of The Wedding Planner's Institute of Canada and a wedding planner.

For many of her clients, the entire wedding is meant to be an event guests will always remember — something that stands out from the crowd of other ceremonies they might have had to attend in the past. For some, that means opting out of certain expensive traditions to put money elsewhere.

> **I'll probably pick up some flowers from Loblaws or something.**
> Katherine North, bride to be

She points to a couple of her clients choosing inexpensive dress from stores like Le Chateaux or Forever 21, and instead putting that money into a more robust bar or live entertainment (acrobats are a hot act in the wedding space right now, she says). "They're finding other ways to save money to create that experience," she says.

While not cheaper than weddings in tropical locations, she's also helped plan ceremonies for people in more unique locales, like Iceland or Italy. The parties tend to be smaller to help contain costs, but in the end, it's a different type of experience for the guest, she says.

Halifax-based Katelyn Hipson, CEO and creative director of elegant productions planning and design, concurs. Her guests are skipping certain traditions entirely, like the wedding cake or the extended family shindigs. "My clients are less inclined to spend money in areas that don't matter to them just for the sake of tradition."

For North, who is trying to keep her budget under $10,000, she and her fiancé figure they can spend their money on things, like a new car or an exotic trip.

"I'll probably pick up some flowers from Loblaws or something — we'll keep things simple," she says. "It's my wedding. I don't want to have to stress about it."

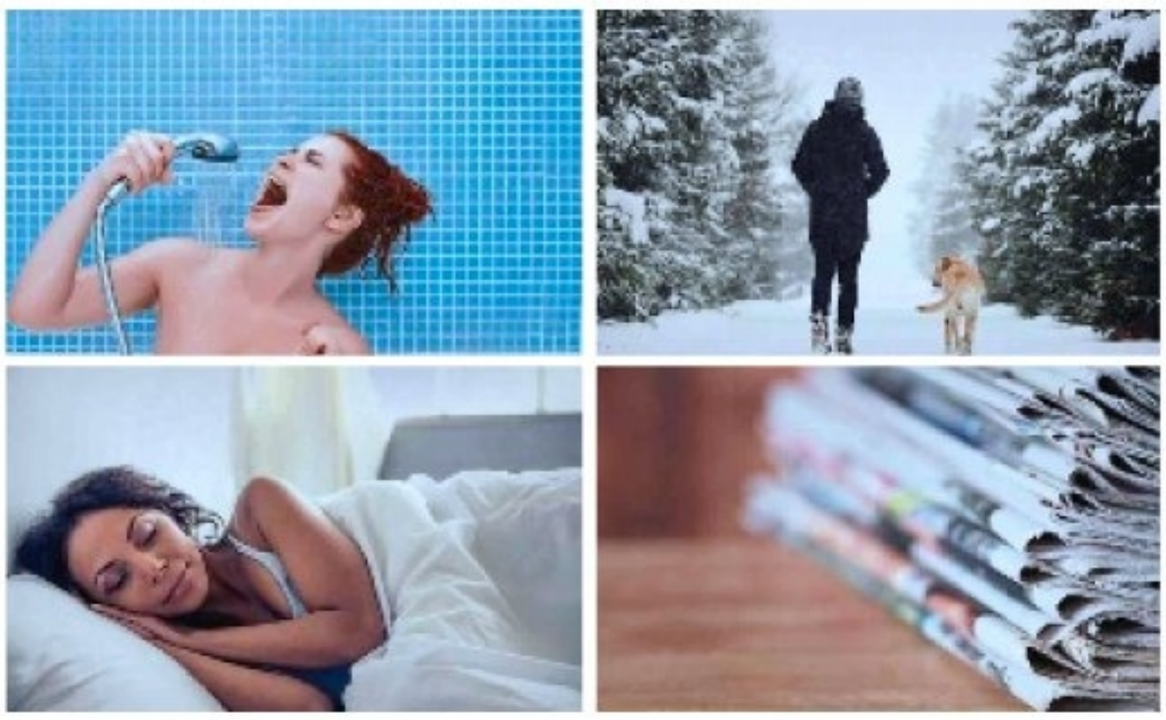
GO AHEAD, IT'S SELF-CARE MINDLESS CONSUMPTION BY ANY OTHER NAME

Self-love on V-Day

ADVICE

Five simple tips for indulging yourself on this —or any— day

Ali Vanderkruyk
For Metro Canada



Whether you're in a relationship or not, take a break and practice self-care this Valentine's Day.

Girl Crush, an intersectional feminist speaker series in Toronto wants to counteract the material pressures of the international day for loved-up couples by suggesting people spend a little time on themselves.

In the words of the co-organizers, Kate Barss and Temma Pinkofsky: "Self-care is recognizing the critical importance of giving permission within our daily lives to look after ourselves."

"As female-identifying individuals, the burden of care often falls on us to look after the physical and emotional needs of others. The idea of self-care asks us to work towards and make space for recognizing our own needs," they continue.

Here are five suggestions on ways to practice self-care this Valentine's Day, and for that matter, every other day:

1. Expect a little less
Dial down your expectations for yourself for one day. Give yourself space to feel grief, anger, frustration, and helplessness.

Then, take time to realize that this is not all of your reality. Remind yourself what brings you joy; tell a friend you love them. Go for a long walk and rediscover the beauty of your neighborhood.

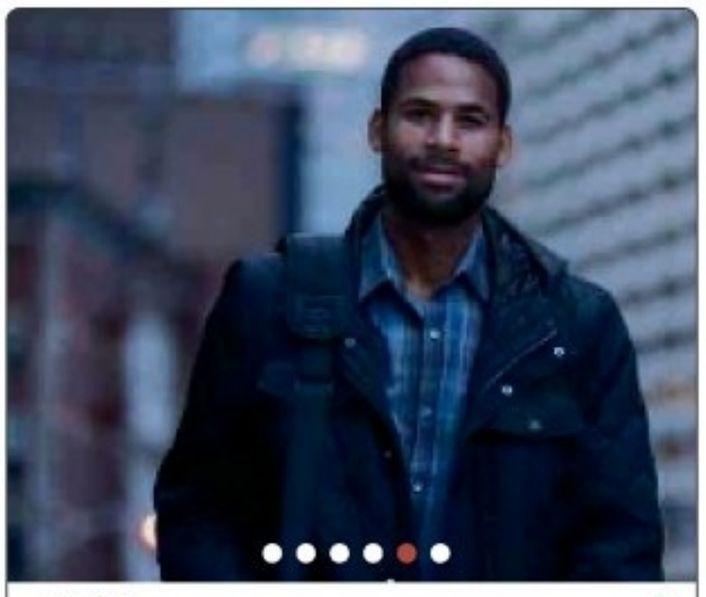
2. Make you the focus
Cancel a plan you do not want to go to and plan an activity for yourself: take a bath, put on clothes (or take off clothes) that make you feel sexy and take a photo (just for you), masturbate, go to a movie, read a book, dance.

3. The big switch off
Take a conscious break from social media. Close your laptop; turn off your phone. Being informed does not mean you have to be plugged into a feed 24/7.

4. Rest...rest well
Simple pleasures are the best — Go to sleep early.

5. Calming connections
Allow others the space to self-care. Connect with people who share your concern about what is happening in our country and our world. Talk to people who may be going through a difficult time, especially members of vulnerable or marginalized communities. Let them know you support them. Smile at strangers.

finder



Eli, 28
9 km away

About Eli

I'm not quite ready for kids yet, but if you have any - don't worry I'd still accompany them. I enjoy quiet nights and value safety and comfort. What I lack in height, I make up for in strength and protecting you from harm with my metal skeleton.

Some people might say I'm too talkative, but I've been told my forward collision warnings and blind spot detectors are very useful.

Take me out on a date, I'm waiting for you over at **Country Hills Hyundai** – just ask for Eli the Elantra.

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Try to spare a little love for La La Land

ACADEMY AWARDS

Oscar favourite picking up heat before awards

Peter Howell
Torstar News Service

In the spirit of Valentine's Day, maybe we could spare a little love for La La Land. People keep beating up on it.

I know what you're thinking: "Is this guy nuts? Hasn't this movie been showered with love?"

True enough, numerically speaking: La La Land is nominated for a record-matching 14 Oscars for the Feb. 26 Academy Awards, among them Best Picture, Best Director (Damien Chazelle), Best Actress (Emma Stone) and Best Actor (Ryan Gosling).

This musical valentine to Hollywood has two Oscar noms for Best Original Song: City of Stars and Audition (The Fools Who Dream). It's so acclaimed, it's competing against itself.

The film has been taking home the gold at pre-Oscar events, among them the Golden Globes, the Critics' Choice Awards and, just this past weekend, the BAFTAs. The film is also scoring at the box office, with worldwide ticket sales expected to reach or even surpass $300 million (U.S.) by Oscar night.

Anecdotally, however, it's a different story. I can't remember a year where the Oscar front-runner has attracted so much negativity in advance of awards night.

Many people, including friends, family, co-workers and readers, have told me they think my four-star review of La La Land was too generous. They either don't like the film or they're just "meh" on it.

A lot of people really don't seem to like this movie, and it's apparently an act of bravery to admit it — a recent Saturday Night Live sketch riffed on abusing a La La Land naysayer.

(For the record, I love La La Land. But I'm hoping Moonlight, which I love more, wins Best Picture — and also Best Director for Barry Jenkins.)

I hear two main complaints about La La Land:

1. Emma Stone and Ryan Gosling can't dance;

2. Ryan Gosling can't sing. (Emma's pipes seem to get a pass.)

These complaints are usually voiced along with the observation that Gene Kelly, Debbie Reynolds, Fred Astaire and Ginger Rogers were all better dancers and/or singers than Stone and Gosling.

And the film is constantly being slammed in other media, often by people who aren't movie critics, such as the acerbic Bill Maher, host of HBO's political chat show, Real Time.

"La La Land, really?" he said this past weekend. "It's just so narcissistic. Another movie about movies. About us."

A writer in The Wall Street Journal, Jeanne Safer, found the love story wanting, stating that "its denouement depends on an utterly improbable plot twist."

I humbly submit that a lot of people are missing the point about La La Land.

It's not meant to be a slavish copy of Singin' in the Rain, An American in Paris, The Umbrellas of Cherbourg or all those other classic movie musicals that inspired writer/director Chazelle and composer Justin Hurwitz.

Yes, Stone and Gosling are great actors and only passable dancers and singers. But they're charming in the context of La La Land, which is more about the cost of ambition than it is about the pursuit of love.

Their characters, Mia and Sebastian, are bursting with the desire to create something and make their mark. That something may or may not be a lasting romance and that mark may or may not follow Cupid's arrow.

They sing and dance because the spirit moves them to, not because they're trying to prove anything. They're not supposed to be song-and-dance professionals: Mia's a dramatic actress and Sebastian's a jazz pianist.

Far from being "utterly improbable," I'd argue that the story of La La Land is highly probable, if you know Hollywood.

Maybe that's all the more reason why we should show the film some Valentine love, even if it is set to sweep the Oscars later this month.

You never know if a Hollywood story will have a Hollywood ending.

Emma Stone picked up a BAFTA Sunday for her role in La La Land but the movie is in the firing line. CHRIS JACKSON/GETTY IMAGES

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Study explores HIV trends in major cities

BY THE NUMBERS

Estimate of the proportion of gay, bi, and other men who have sex with men living with HIV in Vancouver.

16%

Estimate of the proportion of gay, bi, and other men who have sex with men living with HIV in Toronto.

23%

SOURCE: PUBLIC HEALTH AGENCY OF CANADA, 2011

SEXUAL HEALTH

Researchers look at causes and attitudes in urban centres

May Warren
Metro | Toronto

A new study of more than 2,400 men across Vancouver, Montreal and Toronto hopes to shed some light on why HIV rates are so high among gay and bisexual men in those cities compared to the rest of Canada.

Over the next four years researchers will do HIV and sexually transmitted infection testing, as well as distribute qualitative questionnaires in what they're calling "Engage."

They want get at attitudes towards the disease and access to healthcare in the face of massive changes in the treatment and prevention of HIV over the past three decades, said Trevor Hart, one of the lead researchers and a clinical psychologist.

"We want to have our finger on the pulse of gay, bisexual and other men who have sex with men across these three big cities which really foretells what will be occurring in the rest of the community across the country," he said.

"This is going to be one of the largest studies of its kind, examining how a lot of the changes that have taken place around HIV are affecting both sexual behaviour and mental and physical health and well-being."

To find those who've been underrepresented in other studies, like trans men and people of colour, researchers will get men to recruit others in their social networks, from Grindr — a dating app — to volleyball leagues.

Most of the members of the research team are gay and bisexual men themselves, Hart noted, and the goal is to both inform future heath policy and include the community in future discussions, instead of treating them like "guinea pigs."

While some may move to big cities like Toronto and Vancouver to get better HIV care, Hart said it is "concerning" that rates are still so high among gay and bisexual men in urban centres.

Cameron Dunkin, manger of research at the Canadian Foundation For AIDS Research (CANFAR), one of the funders of the study, said there is sometimes a "sense of lackadaisicalness" about the virus.

"You do have some apathy sometimes where people just aren't as afraid of HIV because there's medication and the assumption that they'll be fine and it doesn't really matter if they contract it," he said.

But despite all the advances, science still hasn't gotten rid of the fear and shame that can surround the disease, said Ryan Lisk, director of community health programs at the AIDS Committee Of Toronto.

That can mean some people don't get tested at all, and put others at risk because they aren't on treatment. Others test positive, but might have trouble getting medical care.

"Our concern is often about how people can fall between the cracks," said Lisk.

"Stigma still is the number one issue."

> **You do have some apathy where people just aren't as afraid of HIV because there's medication**
> Cameron Dunkin, researcher

MENTHOL REVIEW WARNING

Painkillers causing burns

Health Canada says a safety review has found a risk of serious burns with the use of some over-the-counter topical pain relievers that contain menthol.

These pain relievers are applied to the skin and are intended to help relieve muscle and joint pain. They come in a variety of formulations, including creams, gels, liquids and patches.

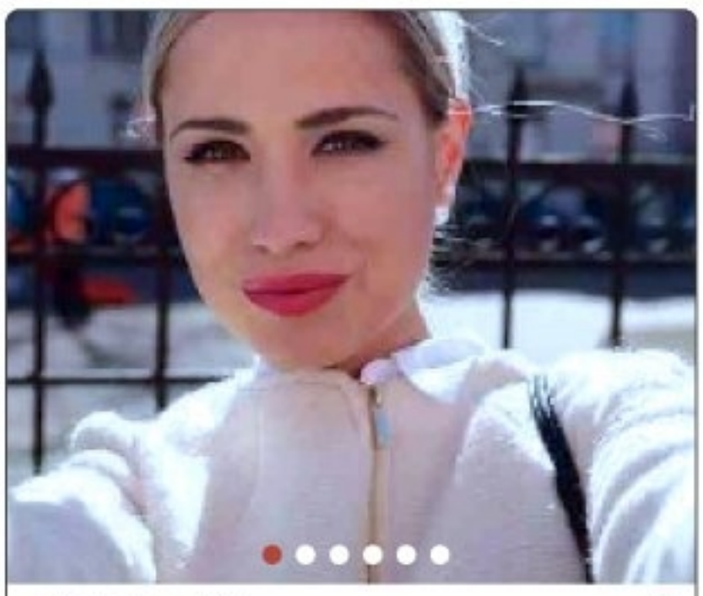
Health Canada has received 21 reports of serious side-effects involving topical pain relievers containing menthol in various concentrations.

In many cases, the products were used as directed, with burns, severe swelling and blistering appearing within 24 to 48 hours after the first application.

Health Canada says available data did not allow it to determine whether the risk of serious burns is linked to any specific brand, formulation or menthol concentration.

Consumers who experience serious skin reactions such as pain, swelling or blistering are advised to stop using the product and seek immediate medical attention. THE CANADIAN PRESS

finder



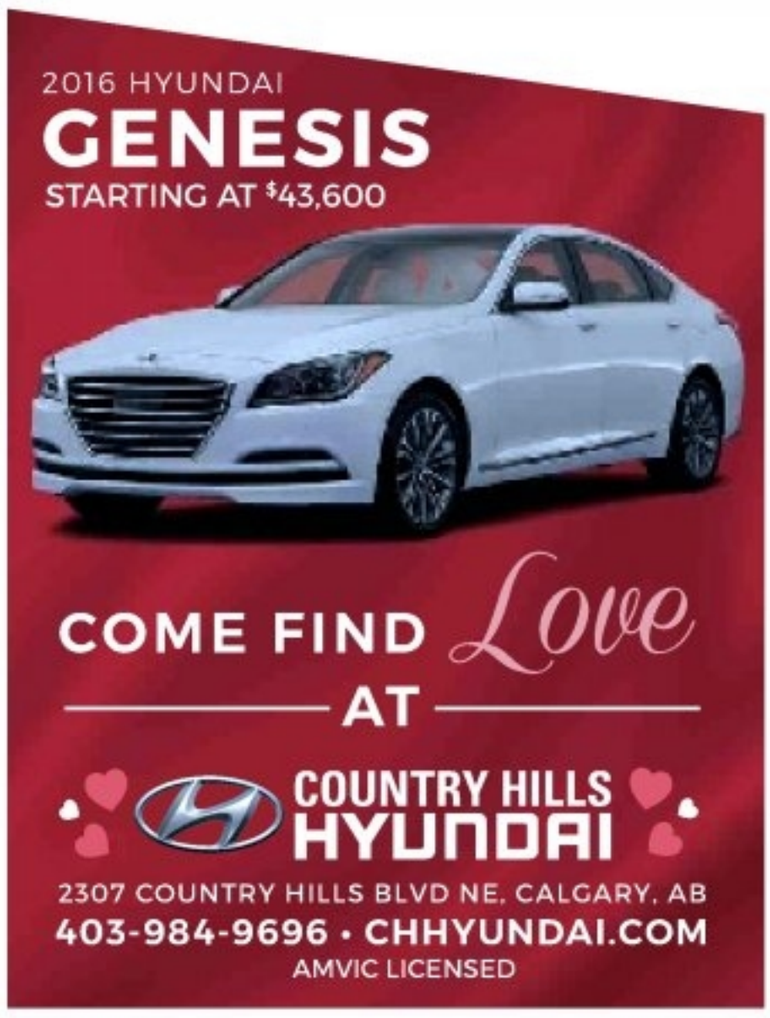
Genevieve, 29
10 km away

About Genevieve

I'm looking for someone who enjoys a little action and fun, but also has a taste for fine dining and galas.

I'm a classy woman, with exquisite features that others would add on. You might think I'm high maintenance but I have a valet that takes that trouble out of your hands and with 7 years of corrosion warranty, you won't have to be concerned about my body and paint fading.

If you'd like to ask me out, I live at **Country Hills Hyundai** – just ask my valet for Genevieve the Genesis.



First dates: Bartenders have seen it all

VALENTINE'S DAY

Serving up an ice-breaker with a side of dating advice

Bartenders at popular Tinder date go-tos have seen countless romantic interactions transpire over the years, making them a surprisingly well-informed group to dole out dating advice.

We asked bartenders to share a few tips for your next first date.

If you arrive first, order a drink — and be nice to the bar staff

"There are nights where every single person in here is on a date, whether it be the first, third or 10th," says Lee Evans. "It makes me happy to see that people feel at home here. It's a sign that we're doing a good job."

For those that arrive first for their Tinder date, Evans encourages them to order a drink while they're waiting. "It makes you look comfortable," he says. "You're not tapping your feet waiting for the other person to arrive."

An oft-forgotten but important part of a successful first date is to be nice to the people around you — especially the bar staff. He recalls the story of a man on a first date that repeatedly referred to Evans as "barkeep" in a mocking tone. "I think he thought that it was a funny running joke but I could see that his date did not necessarily appreciate that." Evans claims that the man's date abandoned him in the middle of the evening, leaving him with the bill.

You can make friends with water

Peter Bovolaneas works at an upscale cocktail bar where many of the crafted concoctions pack a punch. This leads to his tip for preventing either party from devolving into a "hot mess" — "A piece of advice is: cocktail, water, cocktail, water," Bovolaneas says. "Pace yourself. You don't want to get wasted in front of the other person and lose any form of semblance."

He recalls a time where one person ordered a couple shots for himself and his guest. But when his date politely declined, the nervous man took all three shots. "He was just soused."

Toronto barman Lee Evans recommends ordering a drink if you arrive first. TORSTAR NEWS SERVICE

Get creative with your drink choice

Bartender Emily Copeland encourages adventure and creativity when it comes to tackling a cocktail menu or extensive beer list.

"Have fun choosing a drink to try," Copeland says. She suggests finding an interesting beer in a large bottle to share or sampling each other's cocktails. "If it goes well, you'll find some common ground."

Don't fight over the bill

Neil Rankin advises couples to avoid playing into outdated gender stereotypes. If either party offers to split or cover the bill, go with the flow.

"I've had people wrench the bill from my hand before the other person can even look at it," he says. "It just makes it awkward for everyone."

Go where you feel comfortable — and have a friend at the bar

Like Evans, Racquel Youtzy believes that befriending your bartender will yield positive results. "Get there early and make friends with the bartender or server," she says. "They have your back either way and you can ask their opinion when your date goes to the bathroom."

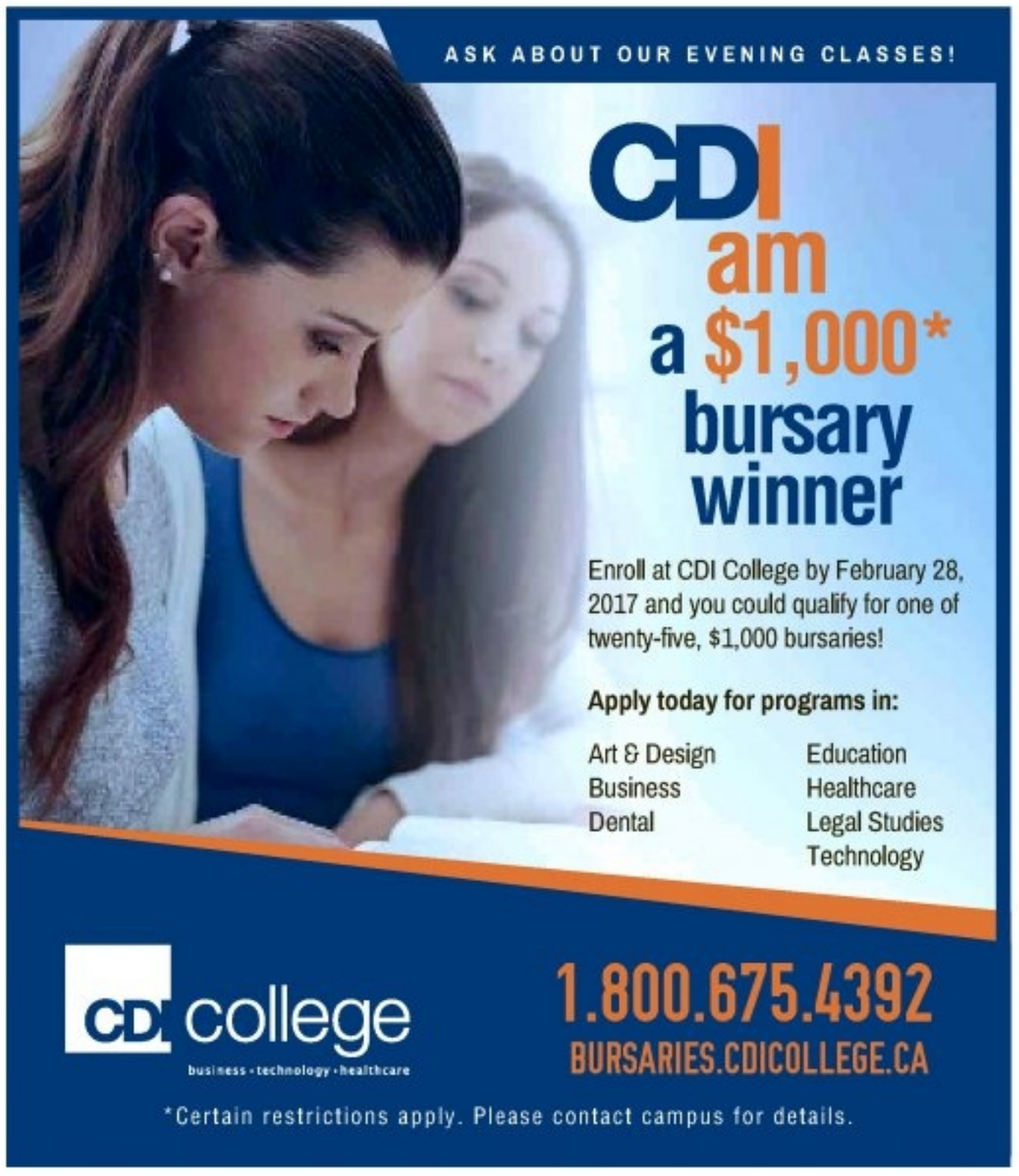
People that feel comfortable at her bar, or any bar, shouldn't be afraid of returning to the same spot where they know the staff. "For serial daters, it's fun to use the same bar for each date," says Youtzy. "This way you always feel safe and have backup opinion at the ready."

Feeling uncomfortable? Ask for help

A first date can be a fun and rewarding experience. But meeting up with a stranger can also lead to some awkward situations.

Some bars are coming up with discreet ways for patrons to seek help, if needed. Through signs in the ladies' washrooms, a campaign in Lincolnshire, England alerts women that they can "Ask for Angela" at the bar for help getting out of an unsafe situation. A similar campaign has also started in a Florida bar advising women to order an "Angel Shot" when they need assistance.

While the campaign isn't yet well-known in Canada, it's a good reminder that you can seek help from bar staff if you need it.



Disability advocates keep a close watch on DeVos

U.S. POLITICS

New education chief confused by question on disabilities act

As U.S. education secretary, Betsy DeVos leads the department charged with enforcing the federal Individuals with Disabilities Education Act, or IDEA. THE ASSOCIATED PRESS

Betsy DeVos got off to a rocky start with families of disabled children when she acknowledged being confused by a question at her confirmation hearing about a federal law that has governed special education since 1975.

Now that DeVos is on the job at the U.S. Education Department, advocacy groups say they will be watching closely to see how much the billionaire school choice champion has learned and how her philosophy will affect the more than 6.5 million public school students who need special support in class.

"It's fair to say that there's a high level of anxiety from our members," said Denise Stile Marshall, executive director of the Council of Parent Attorneys and Advocates, which opposed DeVos' nomination.

As education secretary, DeVos leads the department charged with enforcing the federal Individuals with Disabilities Education Act, or IDEA. The 42-year-old law entitles children who struggle to learn or have medical or developmental challenges to a "free appropriate public education" aligned with their state's academic standards. It includes services tailored to each child's needs and in the "least restrictive environment" where those needs can be met. To help states meet the excess costs, the federal government supplied $11.9 billion in funding in 2016.

During her January hearing DeVos exasperated lawmakers and parents when, asked whether schools receiving taxpayer funding should be required to comply with IDEA, she replied it was "best left to the states." When asked whether she was aware IDEA is a federal law, she answered, "I may have confused it."

Amid the backlash, DeVos wrote in a letter to Sen. Johnny Isakson of the Senate education committee that she is "committed to enforcing all federal laws and protecting the hard won rights of students with disabilities." Half of the Senate voted against her confirmation, leaving Vice-President Mike Pence to cast a tie-breaking vote to give her the job.

Apparent technical issues that blocked public access to an IDEA-related website did nothing to instil confidence. "It was not taken down and we are working to resolve ASAP," the department tweeted Feb. 8, the day after DeVos was sworn in. As of Monday, traffic was being redirected to a different department site, which included a note saying the department was working to resolve the technical issues.

Sens. Patty Murray and Maria Cantwell, both Democrats from Washington state who voted against DeVos, wrote to the secretary Friday requesting an explanation and assurances that missing information would be restored.

The department did not immediately respond to a request for comment Monday.

About 13 per cent of the nation's public schoolchildren receive special education services. THE ASSOCIATED PRESS

SUGAR TIMEBOMB COULD POP

Study finds Canadians' excessive consumption

Canadians — especially young people — are consuming excessive amounts of sugary drinks, a trend that could have future consequences for their health and the overall health-care system, new research suggests.

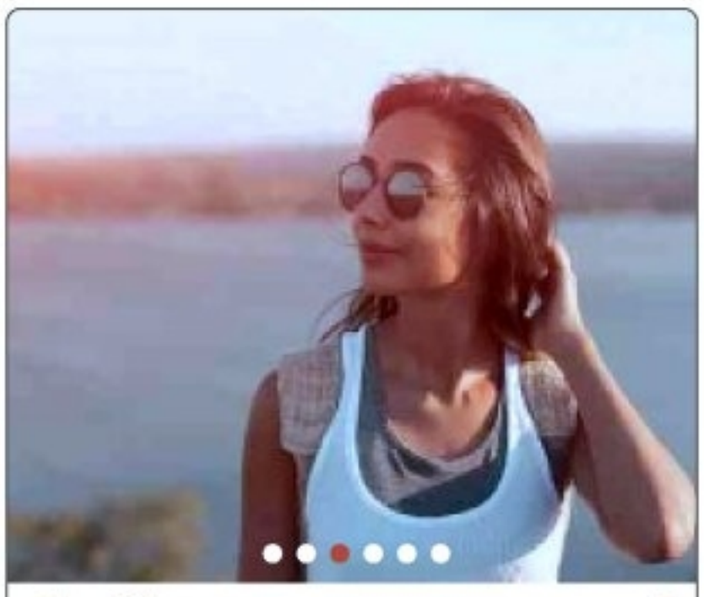
The University of Waterloo study projects that sugary drink consumption will result in more than 63,000 deaths over the next 25 years and cost the health-care system more than $50 billion.

"The health and economic burden from sugary drinks in Canada is alarming," study co-author Dr. David Hammond, an associate professor in the university's school of public health and health systems, said. "Cutting back on sugary drinks is one of the best ways to reduce excess calorie intake and to maintain a healthy body weight."

In 2015, Canadians purchased a daily average of 444 millilitres of sugary drinks per capita, including 100 per cent juice, according to research company Euromonitor. That equals about one can of pop per person, per day — every day, researchers said.

THE CANADIAN PRESS

finder



Tory, 26
8 km away

About Tory

5'4" looking for a valentine. I love nature & being active so don't be too intimidated by my somewhat muscular appearance & wider stance.

On my four limbs, I can power through snow, rocks, mud, you name it – but for some reason when I tried to sign up for the Spartan Race they said I'd be cheating. They said it was because I'm not human but really, they're just jealous I can carry 5 people on my own.

If you can appreciate me, drop by **Country Hills Hyundai** & ask for Tory the Tucson.

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Boycott blizzard moves over Netflix

RACIAL AWARENESS

Dear White People rankles — but it hasn't even aired yet

Andrew Fifield
Metro | Toronto

Our golden age of politically motivated boycotting continues, and this time it's Netflix in the crosshair.

The streaming service landed on the American Conservatism naughty list after debuting a teaser trailer for their original series, Dear White People.

There is little in the short 30-second clip aside from an introduction to a main character and her advice that dressing up in blackface is inadvisable at best. However, other viewers say something entirely different.

Netflix's new series Dear White People debuts on April 28 but is already upsetting conservatives. CONTRIBUTED

Dear White People is based on a same-named 2014 film by series creator Justin Simien.

The movie satirized the culture created on the campuses of America's most prestigious universities, where the student bodies are overwhelmingly white.

Unsurprisingly, the film drew a similarly venomous reception when it was first released and Simien addressed that in an open letter posted to Medium over the weekend after #BoycottNetflix began bubbling up.

"Self doubt is a constant companion for a chubby, gay, black boy born in the south," Simien wrote. "Daring to make a films of any kind and thus invite the possibility of ridicule was an internal battle of mine for many years.

"I hadn't yet realized the poring over YouTube comments and measuring the dislike to like ratios on our trailers was killing me from the inside-out," he added.

"Every comment from someone who hadn't bothered to look at the materials or read the reviews in lieu of calling me a racist based on the film's title was like a tiny knife stab in the heart," Simien said.

The rest of the letter goes on to explain his reasoning for the provocative title and some of the real life events that inspired the project.

Simien reveals that he had (and heard) many doubts about the title that has rankled so many in the more reactionary corners of the internet, but settled on Dear White People because it was "the kind of thing that made you sit up and go 'What is THIS going to be?'"

Well, people certainly sat up and noticed. However, a lot of them didn't stick around for the second part of Simien's thought.

But, with Netflix standing behind him, the artist remains resolute.

"Even though I have the wherewithal to recognize their hatred as just a knee jerk attempt to avoid experiencing the deep pain of feeling powerless, I'll be damned if I allow for someone else's pain to become my prison," he wrote.

"That particular American tradition had been endured by enough generations."

Dear White People debuts on Netflix April 28.

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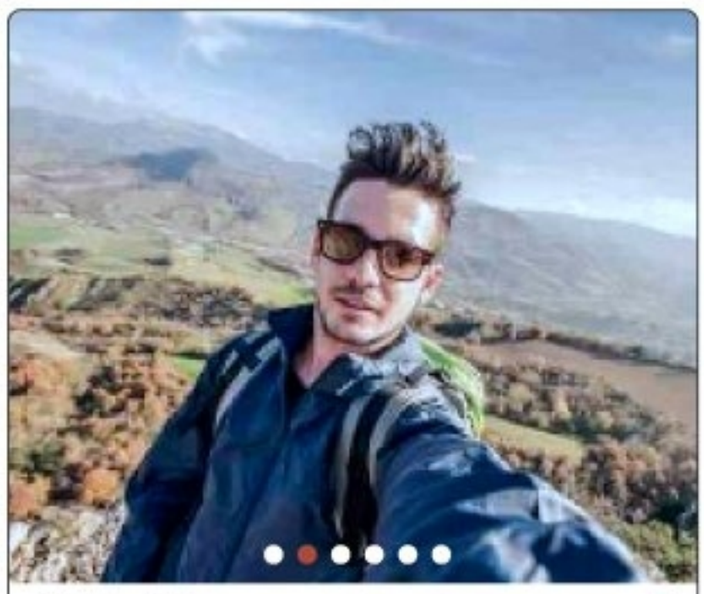
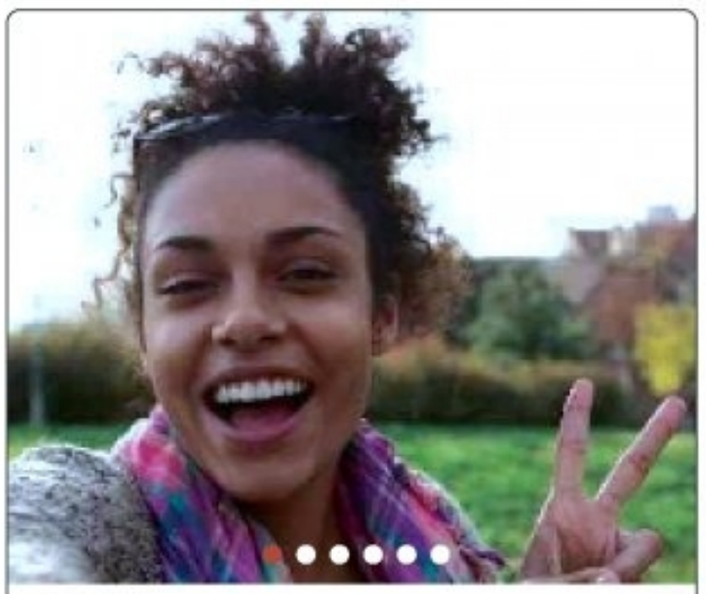
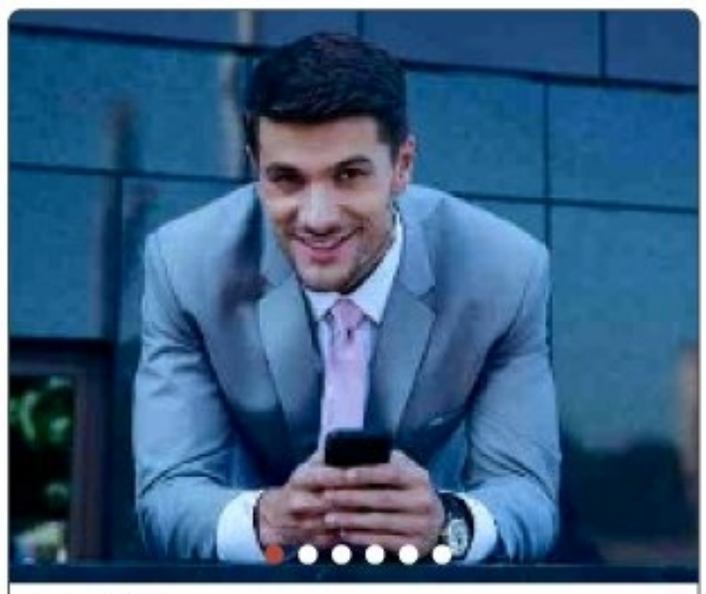


Tyson, 27
5 km away



Ella, 25
12 km away



Gene, 29
15 km away

About Tyson

I prefer a girl who likes to go on road trips/hikes/snowboarding. If you haven't experienced any of those activities - don't worry, I'd love to take you + I've got all the equipment. Or if you prefer a night in, my 5-room place has a great entertainment system & heated seats. Only 2 rules, please don't text when you're with me (you could die) & you need to take me in for an oil change every 6 months. If you're ok with that & want to date, come find me at **Country Hills Hyundai** & ask for Tyson the Tucson. ;)

About Ella

I'm still in school, but during my free time I'm either at the bar or at the gym. I'm a small girl but what I lack in size, I make up for in looks. In fact, I was part of a special project where they redesigned me using Advanced High Strength Steel. They call me the Superstructure™. With autonomous emergency braking and cross-traffic alert, I'm kind of a hero. I'm thankfully not allergic to Kryptonite but please don't feed me anything but regular grade octane. I'm waiting for you at **Country Hills Hyundai**, just ask for Ella the Elantra.

About Gene

I spend most of my days at business conferences so I'm looking for someone to wind down with during my time off. I enjoy private nights at my estate by the lake but sadly I am not able to swim. If you insist on going for a dip, be prepared to undo your seat belt and bail 'cause I'll sink. But if you're willing to take care of me, buff in a coat of wax and you'll see how I can be your knight in shining armor. If you'd like to meet, come by **Country Hills Hyundai** and ask my assistant for Gene the Genesis.

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JOHANNA SCHNELLER **WHAT I'M WATCHING**

When Trump goes low, satirists go high

THE SHOW: The Late Show with Stephen Colbert, Feb. 9 (CBS)
THE MOMENT: The 10-minute opening

Donald Trump has kept Stephen Colbert busy. GETTY IMAGES

"I'm sure you guys keep up on what's happening," host Stephen Colbert began Thursday night. The joke was, no one can keep up: Ten-plus minutes later, he was still recapping.

Story one: Elizabeth Warren was silenced on the US Senate floor. "Hush mob leader Mitch McConnell added, 'Would it kill her to smile? She's so much prettier when she smiles,'" Colbert riffed.

Story two: Donald Trump complained that Nordstrom's dropped his daughter Ivanka's fashion line — from his POTUS Twitter account. "This is insane," Colbert said, not even trying to joke. "You can't use the power of the office of the president to protect a family business."

Story three: Kellyanne Conway defended Trump's untruths on CNN ("Are they more important than the things he says that are true?" she asked). "Officer," Colbert mocked her, "many times when I drive I'm not drunk. Why don't you pull me over then?"

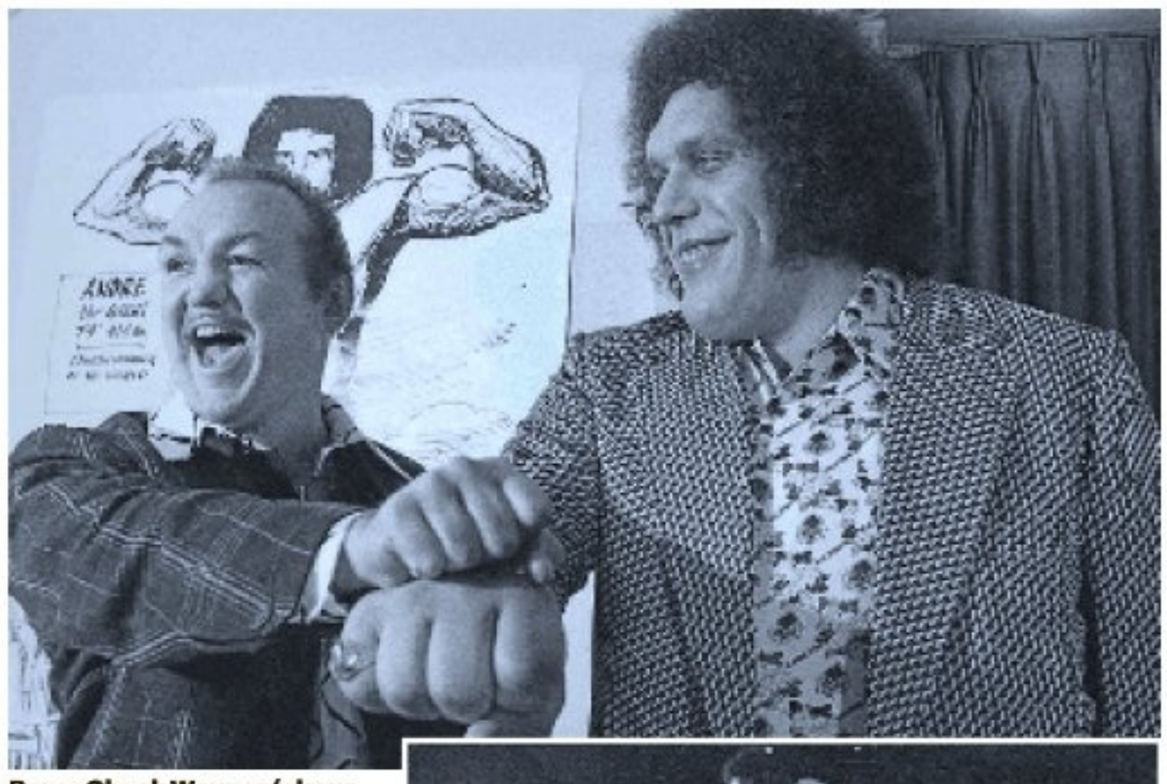
Story four: the court decision on Trump's travel ban was about to come down. "I'm Tevo-ing democracy," Colbert said, "so don't tell me how it ends."

Six months ago, any one of those stories would have filled an entire monologue. But TrumpWorld is so outrageous, Colbert has to race from punchline to punchline. Even then, his monologue takes up a full quarter of his show.

It's a boom time for satirists. Colbert's political savvy pushed his ratings past Jimmy Fallon's for the first time since he went on the air in September 2015. SNL and Samantha Bee are killing it. When Trump goes low, their numbers go high.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Deep dive on tall tale of giant Andre



Boxer Chuck Wepner (above left) compares fists with Andre The Giant in his late 1970s heyday when the pro wrestler sold out events in New York (right). AP PHOTO

HBO

Legendary wrestler's life to be subject of documentary

The tall tales and colossal career of Andre the Giant will be told in an upcoming HBO documentary.

WWE, HBO Sports and the Bill Simmons Media Group will produce Andre The Giant, a documentary film examining the life and career of one of professional wrestling's truly biggest stars.

Andre Rene Roussimoff, a native of France, was a popular touring attraction for years in wrestling and headlined the third WrestleMania in 1987 against Hulk Hogan.

The wide-ranging documentary will explore Andre's upbringing in France, his celebrated career in WWE and his forays in the entertainment world that included a role in The Princess Bride.

HBO did not announce an air date for the film.

Bill Simmons, who joined HBO in the summer of 2015 and founded The Ringer, will serve as an executive producer of the film.

Andre the Giant was diagnosed with acromegaly, a disorder marked by progressive enlargement of the head, face, hands, feet and chest, due to excessive secretion of growth hormones. He died in 1993 and was the first wrestler inducted into the WWE Hall of Fame.

HBO Sports and WWE have partnered for the first time on the documentary.

"Going back to 2007 and 2008 when I was creating and developing 30 for 30 for ESPN, Andre's story rode the top of every single sports documentary wish list I ever made," Simmons said. "We always hear about unicorns these days; Andre was the ultimate unicorn. He's a true legend. Everyone who ever crossed paths with him has an Andre story - and usually four or five."

Jason Hehir will direct Andre the Giant.

Andre the Giant's best remembered film role was Fezzik in Rob Reiner's 1987 classic, The Princess Bride.

Roussimoff died of a heart attack at 46 while visiting France to attend his father's funeral. He was billed in wresting as 7-foot-4 and more than 500 pounds, though he was shorter and lighter than the exaggerated measurements. But he was still an anomaly in professional wrestling, and friends often spread stories that Andre could drink more than 100 beers in one night, flip over cars loaded with people, or pass a silver dollar through one of his rings.

WWE has held the Andre the Giant Memorial Battle Royal in his honour each of the last three years at WrestleMania.

THE ASSOCIATED PRESS

DI DOC ON WAY

ABC plan 20th anniversary reflection on princess

Princess Diana will be the subject of a four-hour documentary miniseries airing on ABC this August.

A joint project of ABC and People magazine, the program, to be telecast over two nights, will include what in-depth conversations with those who knew her best as well as archival footage of the Princess of Wales.

The program will "remind the world why they fell in love with Diana in the first place". The program will mark the 20th anniversary of Diana's death at age 36 in a car crash in Paris on August 31, 1997. THE ASSOCIATED PRESS

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Tennis umpire Arnaud Gabas had surgery on a fractured bone under his left eye after being hit by a ball struck by Canadian Denis Shapovalov

Spring in Jays' step

A large portion of the headlines the Blue Jays made over the off-season centred around the inability to re-sign slugger Edwin Encarnacion. Toronto was able to retain Jose Bautista, however, and the reunion could pay big dividends for player and team alike. Here are five other storylines to watch as pitchers and catchers report to the Jays' spring training facility in Dunedin, Fla., Tuesday.

1 They're set

Toronto's top asset is its starting pitching. Boston's off-season addition of ace left-hander Chris Sale may have made the Red Sox early favourites to repeat as AL East champions, but it's the Blue Jays who boast arguably the league's best rotation. The staff is led by reigning AL ERA champion Aaron Sanchez and 20-game winner J.A. Happ, with Marcus Stroman, Marco Estrada and Francisco Liriano rounding out a strong starting five.

2 They're not

Middle relief and left-handed options could be sore spots for fifth-year Blue Jays manager John Gibbons. Toronto lost two veteran relievers over the winter, with left-hander Brett Cecil leaving for St. Louis and right-hander Joaquin Benoit moving to Philadelphia. Shortly before spring training, the Blue Jays beefed up their bullpen by signing left-hander J.P. Howell and right-hander Joe Smith to handle the innings ahead of veteran setup man Jason Grilli and dependable closer Roberto Osuna.

GETTY IMAGES

NATHAN DENETTE/THE CANADIAN PRESS

3 New look

Wary of missing out on their preferred alternatives after Encarnacion turned them down, the Blue Jays acted swiftly to sign DH Kendrys Morales to a three-year, $33-million contract, then gave 1B/OF Steve Pearce a two-year, $12.5-million deal. Toronto targeted the switch-hitting Morales to help balance a lineup that was right-handed heavy in 2016.

GETTY IMAGES

4 Prized prospect

Toronto's most intriguing off-season move was the signing of Cuban prospect Lourdes Gurriel Jr. to a seven-year, $22-million contract. The younger brother of Astros infielder Yulieski Gurriel and the son of a Cuban baseball great, the 23-year-old will likely start the season at Double-A, where he is expected to get regular time at shortstop as he adjusts to a higher calibre of pitching.

GETTY IMAGES

5 On deck

With few position battles in play, the Blue Jays will spend spring training sorting out bullpen roles and settling on a backup to catcher Russell Martin, with minor-league signing Jarrod Saltalamacchia the most likely candidate. Gibbons and his staff will also have to decide who to bat in the leadoff spot. After walking 87 times in 517 plate appearances during the regular season last year, Bautista moved up from third to hit leadoff in Toronto's final three playoff games. If Bautista doesn't get the job, it could go to second baseman Devon Travis.

THE ASSOCIATED PRESS

LISETTE POOLE/BLOOMBERG VIA GETTY IMAGES

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Making Mexico berate again

WRESTLING

U.S. fighter uses Trump to whip lucha libre fans into a frenzy

He's the guy Mexicans love to hate: An American pro wrestler has become a sensation in Mexico City by adopting the ring persona of a flamboyant Donald Trump supporter.

Sam Polinsky, aka Sam Adonis, revels in being a target for "lucha libre" fans who use him as a stand-in for the new U.S. president, whose pledges to step up deportations, build a wall along the U.S.-Mexico border and lure jobs back to the U.S. have earned the anger of Mexicans like no president before.

THE ASSOCIATED PRESS

The crowd at the capital's Arena Mexico erupts in screams, boos, jeers and sarcastic whistling when Adonis appears wearing a Trump-esque orange tan, his blond locks streaming from a head band and waving an American flag emblazoned with a photo of Trump. "Out! Out!" the crowd roars. The native of Pittsburgh came to Mexico last year and the Trump campaign gave him the unparalleled chance to play the ultimate ring villain.

"Right now, I would be considered by the Mexican public as the most malicious bad guy they have," Polinsky said with a smile before a match Sunday that — spoiler alert — he predictably lost. Polinsky is happy to endure the boos in pro wrestling's high-camp show of good vs. evil — and Mexico's "lucha libre" has the added long tradition of foreign villains.

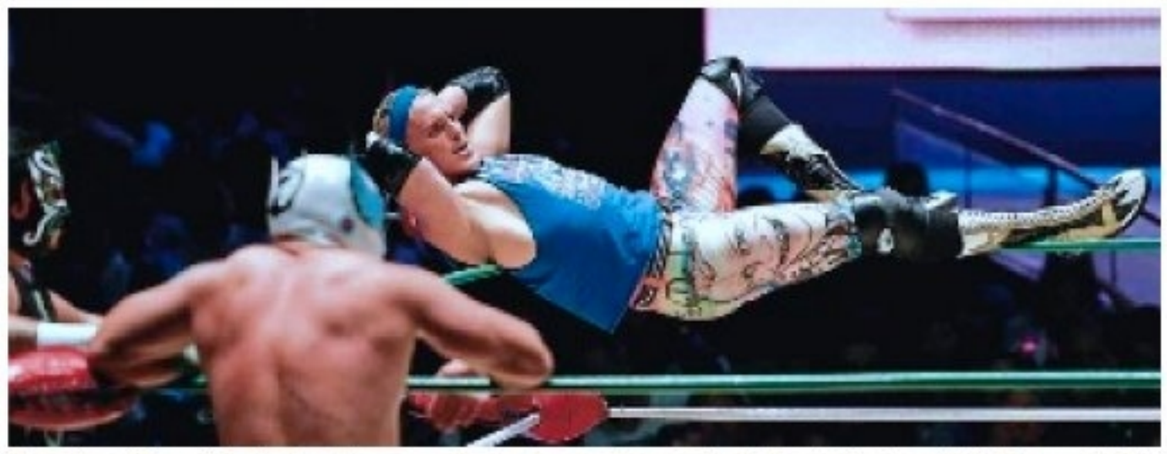
"I'm very proud of the fact that I am able to evoke a genuine hatred, a genuine hate which is generally lost in professional wrestling due to the fact that most people realize that it is what it is — it's more along the lines of a show," Polinsky said. There is little doubt he gets a rise out of the crowd.

Wrestling fan Gerardo Romero was among those booing Sam Adonis. "There is a lot of ill will for Trump's character, and because of that every time they hit him, we enjoy it," Romero said.

But it's all about the show, as Trump himself knew during his involvement with U.S. pro wrestling in the 1990s and 2000s.

"It's no different than Spiderman or Batman. You need a very, very bad villain in order to invoke the sympathy for the hero," Polinsky said. "As I see it, the more malicious, the more evil I can be for the Mexican public, the happier the Mexican public are when they see their Mexican heroes destroy the enemy."

Which is just what happens, of course. Wrestlers working under the names of Blue Panther, Triton and Drone took apart Sam Adonis and his trio of allies with a battering combination of flying kicks and "back breakers." Fan Rafael Martinez, who wore a white-and-gold mask to the match, explained the crowd's reaction.



American Sam Adonis is using a ready-made supplement to help ratchet up vitriol towards his lucha libre character in Mexico: Donald Trump. EDUARDO VERDUGO/THE ASSOCIATED PRESS

"What a lot of people think is that if they're expelling Mexicans from the United States, then why do we want them (Americans) here."

But even though Sam Adonis has had vile epithets, popcorn and beer thrown at him in the ring, it's all show in the end.

"The truth is, we Mexicans are very open to foreigners," Martinez said. "We are a warm people." Polinsky attests to that.

"I can honestly say I'm pretty surprised how the Mexican public comes to me after each event," he said. "Those same people that can't scream enough, can't get their emotions out enough, are the first ones to come up to me and ask for a picture with their kid, or the first ones to shake my hand and say, 'Hey, great show.'"

In the end, he adds, he is helping the fans.

"I can whip up a frenzy in the arena that no other wrestler can, getting people to forget about their jobs, forget about their problems at home for that 25 to 30 minutes in the ring. All that they care about is getting their frustrations out on Sam Adonis in the ring, and for that I'm proud," Polinsky said. "What they want to say to Donald Trump they can say to me and feel good about it."

As for the president, Polinsky said he doesn't agree with all of Trump's pronouncements, particularly his criticisms of Mexico, but he still admires aspects of the leader's approach.

THE ASSOCIATED PRESS

IN BRIEF

Younger Sandusky arrested on child sex charges

One of Jerry Sandusky's sons was charged Monday with sex crimes involving two girls, more than five years after the former Penn State assistant coach was himself first arrested on child molestation charges.

Jeffrey S. Sandusky, 41, was charged by state police and arraigned by a district judge in Bellefonte, Pa., on 14 counts. He was jailed on $200,000 bail.

Police accused him of soliciting naked photos from a then-16-year-old girl last year and seeking oral sex in 2013 from her then-15-year-old sister. THE ASSOCIATED PRESS

Manchester City second after beating Bournemouth

Manchester City overcame Gabriel Jesus' early departure because of injury to beat Bournemouth 2-0 and climb to second place in the English Premier League, eight points behind Chelsea on Monday.

Raheem Sterling's 29th-minute strike and an own-goal in the 69th from Tyrone Mings, who deflected in an effort from substitute Sergio Aguero, earned City a third straight league win. The victory meant Pep Guardiola's men leap-frogged Liverpool, Arsenal and Spurs, moving from fifth to second. THE ASSOCIATED PRESS

Jordan and Silver help patch up Oakley's MSG problems

Michael Jordan and NBA Commissioner Adam Silver are helping repair the relationship between Charles Oakley and Madison Square Garden chairman James Dolan.

Oakley and Dolan met with Silver on Monday with Jordan participating by phone, a statement said. Oakley was arrested last Wednesday following an altercation while attending a Knicks game, and Dolan banned the former Knicks star from the arena two days later. Silver says the statement that both sides were apologetic and Dolan hopes Oakley can return to MSG. THE ASSOCIATED PRESS

MAKE IT TONIGHT

Classic Falafel Burgers

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

You'll feel like you eating an authentic falafel — warm and dripping tahini — if you make these easy sliders.

Ready in 20 minutes
Prep time: 10 minutes
Cook time: 10 minutes
Makes 6 to 8 burgers

Ingredients
- 2 cups rehydrated garbanzo beans, drained
- 1 small white onion, roughly chopped
- 1/4 cup fresh flat-leaf or curly parsley
- 2 cloves garlic, chopped
- 2 Tbsp flour
- 2 tsp ground cumin
- 1 1/2 tsp salt
- 1 tsp ground coriander
- 1/2 tsp chili powder
- 2 Tbsp grape seed oil for cooking

Directions
1. The night before, place beans in a bowl and fill with water until covered by two inches. In the morning, drain, rinse and pat beans dry. Store in the refrigerator.
2. In a food processor, add the beans, onion, parsley, garlic, flour, cumin, salt, coriander and chili powder. Process until a course meal forms.
3. Pour mix into bowl, cover with plastic wrap and set in refrigerator for an hour. Remove and shape into patties.
4. Heat oil in pan over medium heat, add burgers. Fry burgers for 3 minutes on each side until golden brown. Serve with pitas, sliced cucumber and tahini.

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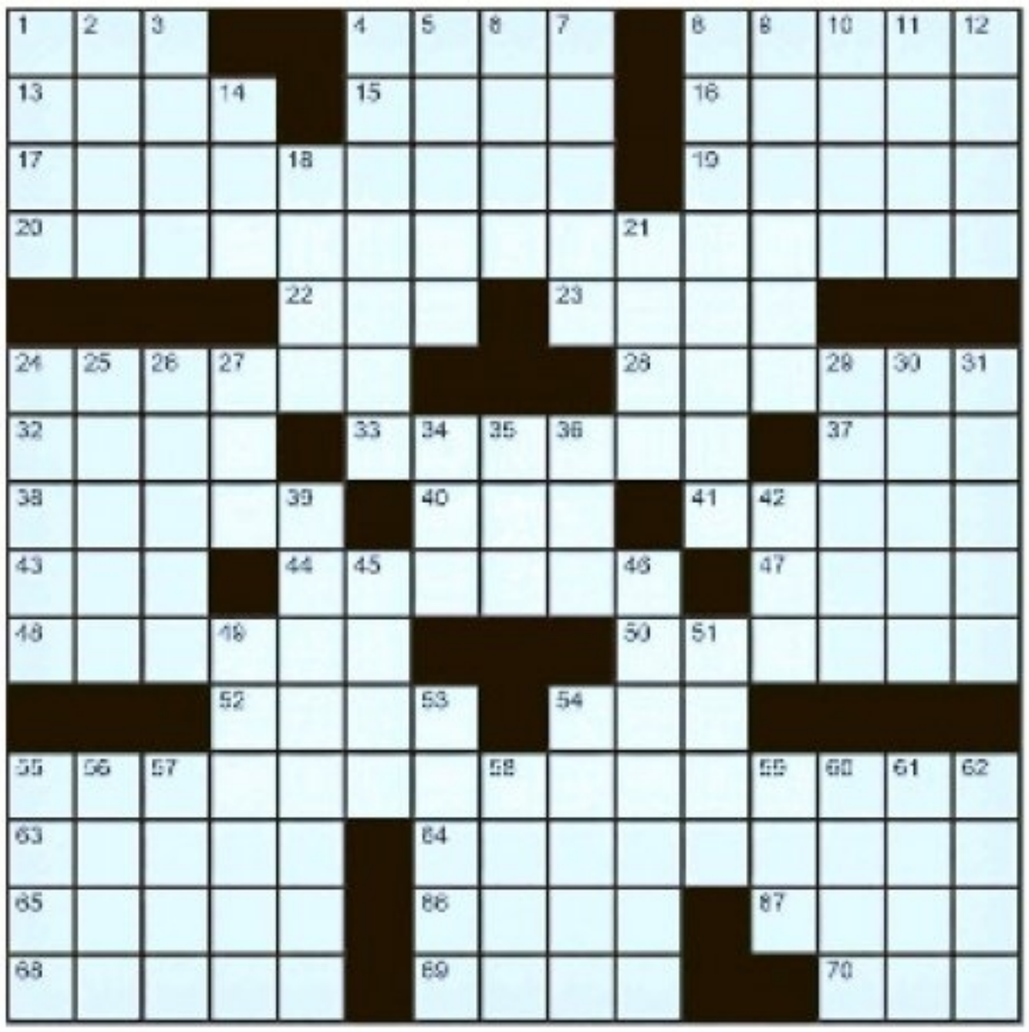
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Bling in a ring
4. Petri dish gel
8. Cache
13. Ms. Thurman's
15. Golfer's warning!
16. Hogwash
17. "If You Could Read My Mind" by Gordon _
19. Detection device
20. Love song of 1993 by Bryan Adams: 3 wds.
22. Mac rivals
23. Oxen harness
24. Getting one's beauty sleep: 2 wds.
28. Soil toiler
32. Pinot _ (Wine variety)
33. Really right: 2 wds.
37. Electric guitar, in slang
38. Canadian actress, _ Lee Williams
40. Be behind in bills
41. _ community (Exclusive residences locale)
43. "_ My Party" by Lesley Gore
44. Neil Young bandmate Stephen
47. Whirring sound
48. Wine and _ party
50. Great deal
52. Speed along on the job
54. Shoe width size
55. Opening words of "Beauty and the Beast" by Celine Dion and Peabo Bryson
63. The _ on the cake
64. Valentine's Day symbol that's different from the usual red: 2 wds.
65. Adventurer's watercraft
66. Old Testament son
67. 'ence' word-ending alternative
68. Goulashes
69. Grate
70. House temp. coolers st

DOWN
1. Mouthful of a milkshake
2. Oscar-winner Mr. Jannings
3. Illusionist, archaically
4. Impacts
5. Blunders
6. 'Buck' suffix
7. Attempt again
8. Eye-catching
9. Go on a journey
10. Parliament Hill worker
11. Canned meat brand
12. "From _ to Eternity" (1953)
14. Retro rock's _ Na Na
18. Chef's li'l measurements
21. Attend the event: 2 wds.
24. Shenanigan
25. Chocolate, cake, candies, yum! Sweet _
26. Hair salon service
27. 'Brew' suffix
29. Lovely language
30. Overwork
31. Use the towel again
34. Luau dish
35. Hedwig, for one, of books
36. _. number
39. Mitigates/alleviates
42. Mr. Vigoda
45. Dick Tracy's beloved
46. Assert yourself vocally: 2 wds.
49. Prior to this time, in verse
51. Grateful Dead bassist Phil
53. One optimistic about the results
54. Mrs. Garrett's gourmet shop on "The Facts of Life", _ Edibles
55. Partners for Tacs (Mint candies)
56. Curious as _ _
57. Queue
58. Ms. Kudrow
59. Golf peg
60. Collector's suffix
61. "Happy Days" mom: wd. + letter
62. Quebec 'summers'

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today is a mixed bag. It's easy to talk to friends and groups. However, later in the day, you might be at odds with a partner, spouse or close friend.

Taurus April 21 - May 21
Conversations with bosses and authority figures today will go well. Nevertheless, someone or something behind the scenes will annoy you.

Gemini May 22 - June 21
Something unusual, perhaps from another country, will stimulate you in a creative way today. It might even affect your involvement in sports. Avoid arguments with someone later in the day.

Cancer June 22 - July 23
If you need support from others at home or for a family situation, you might get it today. However, you will have more difficulty talking to a parent, boss or authority figure.

Leo July 24 - Aug. 23
This is a chatty day for you. Conversations with partners and close friends will be positive and stimulating. By contrast, avoid political and religious discussions today.

Virgo Aug. 24 - Sept. 23
Related discussions about money, cash flow and finances will go well today. However, discussions about shared property or differing values might create an argument.

Libra Sept. 24 - Oct. 23
With the Moon in your sign today, you are luckier than all the other signs. Plus, this is a playful, fun-loving day! Nevertheless, be patient with partners and close friends

Scorpio Oct. 24 - Nov. 22
You will prefer to work behind the scenes today because it feels better. This could help you complete repairs at home or have an important family discussion.

Sagittarius Nov. 23 - Dec. 21
Expect to have a happy conversation with a female acquaintance. You might want to discuss future goals. (Parents must be patient with kids today.)

Capricorn Dec. 22 - Jan. 20
You are high-viz today, because the Moon is at the top of your chart. However, this can mean that people know personal information about you. Just be aware of this.

Aquarius Jan. 21 - Feb. 19
Try to do something different today, because you want to travel or get out of town. Basically, you want to break free from your routine. You also need to talk to someone.

Pisces
Feb. 20 - March 20
Discussions about shared property or differing values might take place today. The problem with differing values is that people do not easily change their values. Good luck!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	4	2			3			
5			7				6	
3		1		8		9		
	7			3				8
		3				2		
8				2			3	
		6		4		8		3
	2				9			4
			8			6	2	

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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7	5	4	1	3	2	9	8	6
9	3	2	6	8	7	1	5	4
1	8	6	9	4	5	7	2	3
3	6	1	5	2	8	4	9	7
8	9	5	7	1	4	3	6	2
2	4	7	3	9	6	8	1	5
6	7	9	4	5	1	2	3	8
5	2	3	8	7	9	6	4	1
4	1	8	2	6	3	5	7	9

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